



The seal is circular, featuring a central shield. The shield is divided into four quadrants by a cross. In the center of the cross is an open book. The quadrants contain the words 'LUX' (top), 'OMNIVM' (left), 'CIVIVM' (right), and 'FIDES' (bottom). The shield is flanked by two figures, likely personifications of Justice and Liberty, holding scales and a torch. The entire shield is encircled by a laurel wreath. The text 'THE TRUSTEES OF THE PUBLIC LIBRARY' is arched over the top of the shield, and 'OF THE CITY OF BOSTON' is arched below it. The dates '1852-1878' are inscribed at the bottom of the seal.

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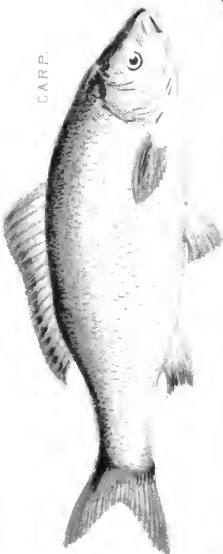





COOKERY  
AND  
HOUSEKEEPING

LONDON : PRINTED BY  
SPOTTISWOODE AND CO., NEW-STREET SQUARE  
AND PARLIAMENT STREET





CARP.



GRAYLING



COMMON TROUT



SEA TROUT



# COOKERY

AND

# HOUSEKEEPING

*A MANUAL OF DOMESTIC ECONOMY FOR  
LARGE AND SMALL FAMILIES*

BY  
MRS HENRY REEVE

WITH EIGHT COLOURED ILLUSTRATIONS AND  
NUMEROUS WOODCUTS

*SECOND EDITION*

LONDON  
LONGMANS, GREEN, AND CO.

1882

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Miss Maria Q. Lee  
Dorchester  
Mass.  
Nov 1871

## P R E F A C E.

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A FEW WORDS are required to explain the publication of this work. The writer has for many years given her attention to those branches of domestic economy which deal with the food of households on a moderate scale, where importance is attached to good cookery and to great variety of dishes. It was suggested that the experience she had acquired might be of use to others ; she therefore offers this book to the public.

It is a compilation, the result of practical experience both in the choice of recipes and in the selection of menus.

Hints have been taken from many sources, recipes from many books ; the recipes have been revised and varied so as to adapt them to fastidious palates and to small households ; the hints have been enlarged so as to give the principles on which dinners should be composed.

The dishes described are for the most part within the reach of moderate means ; the menus contain

some elaborate dinners suited to great houses, and require a first-class cook.

Some of the chapters are fuller than others ; that on Fish contains illustrations which, it is hoped, will be found useful and novel.

Great pains have been taken with the chapters on Vegetables and Salads, and various maigre dishes are given, with a view to the tastes and requirements of a largely increasing class.

Some of the recipes will be useful only in towns, others only in the country. It is hoped that the greater portion of them and the early chapters will give help not only in English households, but in those of the United States and in our colonies.

The writer has been assisted by the kindness of some friends whose experience of the cookery of other countries, and whose critical taste, have made their contributions very valuable, and by others whose knowledge of small households enables them to place at her disposal their dishes and dietaries. To these friends she tenders her best thanks.



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# HOW TO KEEP HOUSE.



## CHAPTER I.

### *INTRODUCTORY.*

THERE are so many cookery books in existence, from the MS. recipe-book of the old-fashioned country-house to the elaborate productions of Gogu  and Francatelli, that the attempt to add another to the list may well be deemed presumptuous. The housewife is already embarrassed by the ample choice, and also feels that the practical difficulty does but begin where the cookery book ends. Which dish of all those she has seen described is she to attempt? How many dishes must be provided for the stated number of guests? What class of viands does the position, local and economical, of her family render suitable at the table? The dishes must not only be well chosen and well cooked, but they require to be properly served and brought to each guest. It is with the view of giving advice on these and some other points that the present book is written.

To preside over a well-ordered house, and to provide suitable meals for her family and household, are the duties of every wife, and of many women who are not wives. The object of this book will be to help women to discharge their duties by explaining some of the rules of housekeeping ; by giving bills of fare, so arranged as to suit various incomes, tastes, and habits ; and by furnishing recipes for cooking such dishes as are palatable, useful, and economical.

It follows of necessity that our book assumes some previous acquaintance with the subject, on the part of the lady who orders, and the servant who cooks a dinner. The lady has had experience of her father's and of her friends' tables ; she must know how many meals are expected in the day, and whether the income and occupations of the husband and sons render it desirable for the chief meals to be dinner at midday with supper at night, or a luncheon followed by a late dinner. The cook has either been out as kitchen-maid, or has had some training under another servant. If mistress and servant are alike without experience, they should attend a local school of cookery. Certain things are learned quicker and better by example than by precept. It is hardly possible to teach in a book how to truss a bird, to lard a fricandeau, or to make light pastry. It is desirable that both mistress and servant should attend the school of cookery, as there are some processes and details which will be best understood by the more refined taste of the mistress, and on which she can dwell afterwards in giving orders, whilst there are other details which the cook seizes all the better for hearing them described by a lecturer.

## CHAPTER II.

## ON THE ART OF GIVING DINNERS.

IT may be assumed that every host and hostess who entertain their friends desire to give them as good a dinner as their means and the resources of their establishment permit. As far as this depends on the proficiency of the cook and the preparation of the repast, the subject will be treated of in other parts of this little volume. But there are other considerations, of no less importance to the success of the entertainment, which more immediately concern the master and mistress of the house, and if these are overlooked vain are the labours of those who cook the dinner ; the party is dull and the repast insipid.

We shall venture, therefore, to offer to our readers a few plain remarks on the art of giving dinners, which are equally applicable to persons in every condition of life who are capable of giving a dinner at all.

And first we would recommend that no one should attempt to offer to their friends a dinner out of keeping with their own position in life and their own resources. A judicious host will endeavour to place before them a dinner based on his own mode of living *at its best*. To attempt to copy or to rival the entertainments given by persons of larger means is in itself a piece of

vulgarity. It perplexes the cook ; it agitates the hosts ; and the guests soon find out that it is a lamentable failure. Perhaps the greatest defect of the dinners given by the middle classes in England is the want of simplicity and ease. Too much food is prepared ; too many dishes are offered ; the servants in attendance are confused ; and the meal is too protracted. The object of a good dinner-party is not to make a display of plate, china, flowers, or cookery, nor to gorge the party with the endless viands of a City feast, but to promote agreeable social intercourse and cheerful conversation, and to leave on the memory of those who have been invited to it the impression that they have passed a pleasant evening.

To accomplish this object, the first condition is a judicious choice of the number and fitness of the guests. The best number of guests for an agreeable party we hold to be twelve, and it should not in an ordinary establishment exceed fourteen. There is no greater mistake than to suppose that when a dinner-party has been arranged on that footing, one or two couples more can be added to it with impunity. The table should never, on any account, be crowded. Each guest should have space to sit with ease and comfort. The great object of the host should be to promote general conversation, and as long as the party is limited in numbers, this is not difficult, the best talkers naturally taking the lead in suggesting topics of interest. In large dinners general conversation becomes impossible, and you are at the mercy of the persons who chance to be your next neighbours. It is impossible to get beyond them.



Some givers of dinners hold that it is essential to pair off all their guests, male and female, like the animals when they entered the ark ; but in our judgment this is a mistake. There should always be at least two men in excess of the number of ladies present. They promote conversation, and in the event of the failure of one of the male guests, they avoid embarrassment.

In framing the invitations for a dinner-party, it is desirable that the host and hostess should start from some *central point* in the selection of their guests, such as the presence of some person of interest to whom they wish to pay a mark of courtesy and respect. The character of the principal guest gives, as it were, a colour to the party, and the other members of it should be chosen with some reference to the first invitation. It is never expedient to invite persons of widely different political opinions, or very dissimilar social position, or persons wholly unknown to each other, nor on the other hand persons too nearly related or connected either by birth or the business of life. The success of a dinner depends in a great degree on the mutual fitness of the guests, and their friendly relations. Many a dinner has been spoiled by the presence of one discordant element. Nevertheless when such a misfortune does occur, good breeding on the part of the guests requires that they should lay aside their differences and endeavour to conceal from the master and mistress of the house that they have unconsciously made a mistake. Invitations to a set dinner-party should generally be sent out a fortnight beforehand. The dinner-hour amongst the upper

classes in London is now so universally established by custom at eight o'clock, that it is vain to attempt to secure the attendance of a party at an earlier time ; but it is of great importance to establish, if possible, a reputation for punctuality, and not to wait a moment after all the ladies have arrived.

The next step is the classification of the guests, which ought to be done by the lady of the house, when the signal of departure is given. But it is not unusual for the master of the house to make his arrangements somewhat earlier, having the names written down on paper. This is not done, however, in the best society, and should be done from memory *viva voce*, if at all. When persons of any distinct social rank are present, their precedence must be carefully observed. Nothing affronts people more than to find that their precedence is not recognised or understood. But it is the precedence of the ladies which regulates the order of the dinner. A commoner who takes down a lady of rank takes precedence of a man of rank above his own. The master of the house, of course, takes out the lady of highest rank and goes first, because she has precedence of everyone else. The gentleman of highest rank remains to the last and hands down the lady of the house. The intermediate couples are arranged according to their rank, or, if there be no question of rank, according to age and fitness. The two or more men who are unattached follow in the rear.

This being arranged, the company take their places ; and on this again much of the success of a dinner depends. It is essential that everyone should

be seated next to persons agreeable to himself. A fashion now generally prevails, even in good houses, of writing the names of the guests on cards, or on the back of the *menu*, at the places to be occupied by each of them, by which means the plan of the dinner is pre-arranged. As, however, the master of the house precedes his guests and takes his place first at table, it is equally effective, and more graceful, if he requests each couple to take a given seat as they enter the dining-room. In a large party the system of cards is unavoidable, but it occasions confusion from people in search of their seats, like children playing-hunt-the-slipper.

When the party consists of persons not previously known to each other, or where a stranger is present, half the time which ought to be devoted to eating and conversation is frequently spent in vain efforts to discover the name, character, and connexions of one's neighbours, and sometimes one may be betrayed by this ignorance into making inappropriate remarks which are embarrassing to both parties. This should as far as possible be avoided by a timely explanatory remark from the host, which puts the guests at their ease by making them better known to one another, and gives, as it were, the cue to conversation.

The shape, size, and arrangement of the dinner-table are not matters of indifference. For a party not exceeding twelve a round table has some advantages, especially if the dining-room is broad or square. But a very large round table is a mistake, as it is impossible to talk across it and it is difficult to cover so large a space with appropriate decorations. As no

dishes are now placed on the table, a narrow table suffices, and it brings the guests on both sides of it into closer contact. It is highly undesirable to block up the centre of the table with huge ornaments, whether of plate, flowers, candelabra or other decorations, because they intercept the conversation of the guests, which is ever to be considered the primary object. For this reason a hanging lamp, suspended over the table, is preferable to lamps or lustres placed upon the table; and the light is more agreeable to the eye.

If the table is a long one, the master and mistress of the house may sit either at the top and bottom of it, or, as is now very usual, in the middle at the sides. The former practice has this inconvenience, that the most important guests are separated from each other by the whole length of the table, and consequently cannot converse during the meal at all. A good story told or a good point made at one end sets the other end wondering what the other pole of the dinner is laughing at. The space between the two ends is occupied by guests of minor mark, who are non-conductors of the electricity of society. When, on the contrary, the master and mistress of the house are seated in the middle of the table at the sides, the principal guests are gathered round a common centre, conversation may be more easily conducted across the board, and it radiates to the extremities.

Having seated our guests round the table, we will leave them to entertain themselves there; it is their business to contribute to the pleasure and gaiety

of the dinner. We will only add that the master of the house should keep a ready eye and an open ear on the flow of conversation ; he should take care that each guest is made acquainted with the person next to whom he is seated ; and if the conversation flags or seems to take an unpleasant turn he can easily revive or divert it by a question or a remark flung across the table.

It may be worth while here to add a few words on the service of the wines which are handed during the dinner, as it is no longer the custom in England to place any wine on the table during dinner. After the soup, Sherry or Sherry and Madeira are produced, and most people take one glass. After the fish, the white wines of the Garonne or the Rhine, Sauterne or Hock (either of them, but never both), are served. Champagne should not make its appearance till after the first *entrée*, and light claret should be offered at the same time, as so many persons now make claret their chief beverage. Later in the dinner claret of a finer growth may be introduced. So little wine is now drunk after dinner, that it is a mistake to reserve all the best wines for the dessert, when they are very often scarcely consumed. At that stage a glass or two of old Port wine or brown Sherry, as a *vin de dessert*, are commonly preferred, but the claret decanters should circulate two or three times round the table after the ladies leave the room. The interval which divides the party should not exceed ten or fifteen minutes. Coffee is served in the dining-room, and with that ceremony the dinner ends. In some of the best houses in London, cigarettes are now handed round with the

coffee, which slightly prolongs the separation of the party, though not so long as the fatal practice of retiring to the *fumoir*, which is now almost universal in Paris; but although this custom of mitigated smoking after dinner is sanctioned by very high examples, it is more honoured in the breach than in the observance, and it is scarcely consistent with the attention due to the fairer portion of society.

About forty years ago a little work on the art of giving dinners was published by Mr. Walker, the author of 'The Original,' which acquired considerable celebrity and some authority, and has even been republished in our own times. But nothing can more clearly demonstrate the entire change of the fashions which preside over the dinner-table than a perusal of Mr. Walker's commentary on them. He recommends the utmost simplicity, and would invite his friends to dine off a slice of salmon and a woodcock. Modern dinners are remarkable for their extreme variety. The classic saddle of mutton and boiled chickens, which used to make their invariable appearance at the two ends of the board, to be carved by the host and hostess, are as extinct as the roast goose of the last century. In place of an elaborate display of corner dishes, some of them of an architectural character, we have ornaments and flowers. A *menu* or programme of the dinner ought to be placed within reach of each guest. In the houses of the wealthy these are commonly printed, sometimes with great elegance. In small houses a white slate or porcelain slab supplies their place. But it is essential that the guest should know what he has to expect, and how to re-

gulate his choice. Much is to be said (*pace* Mr. Walker) in defence of the variety of modern cookery. We are convinced that it is far more wholesome, as well as more agreeable, to partake of several dishes of a different composition, than to dine off a solid slice of beef or mutton, provided the golden rule be observed, *never to eat too much of any one of them*. A very small portion of each dish is enough, and it is hardly necessary to add that no one but an alderman ever repeats his allowance and asks for a second helping. *Une fois de chaque plat* is said to be the maxim of a great French authority, and, provided the *entrées* and the *entremets* do not exceed two of each class, which is quite enough, we do not think it a bad one. A good deal of French cookery has now been introduced even into English middle-class households. We hope this little volume may tend to increase the use of it, for dishes cooked in the French fashion are generally light and digestible, equally good for the palate and the stomach. But it should be remembered that a well-cooked dish is complete in itself. Its character is destroyed by the peculiar British habit of accumulating vegetables, sauces, and miscellaneous additions upon the same plate to be eaten at the same time. The various parts of a dinner ought to be served in succession and not eaten together or promiscuously.

In justice to the givers of the dinners and the cook, each guest should know what he is eating—always moderately, the more moderately the better—but not without discernment. The best result of a well-managed dinner is that the guests should rise from

it without lassitude, and with a slight remnant of appetite.

To accomplish this, one more requisite is necessary, which we had almost forgotten, but we will place it at the end of these remarks, because it is the most essential of all. The dining-room must be well ventilated, the guests must have not only meats and drinks, but *air*. The company present, the servants, the lights, consume a vast amount of oxygen, and the atmosphere is vitiated by the strong odour of the dishes and sauces as they are brought into the room. Many a time have we seen a promising party die off into dullness and silence under the influence of these deleterious gases, and, if the spirit of the party is to be kept alive, fresh air is more indispensable to it than champagne.



## CHAPTER III.

*FILLING THE LARDER.*

TO provision the larder is of course the first duty of the housewife, and it requires foresight and judgment. In towns the wants of a family may be easily supplied from the respective tradesmen; in the country the larder is more dependent on circumstances, and some of the following remarks are only applicable to country life. It must be borne in mind that there are but five kinds of butcher's meat, and that these varieties are more or less in season at different periods of the year.

It is important to ascertain how often beef is killed, and to give such orders as will secure the joint or steak being hung till tender, and the stock meat being sent before the gravy is dried up by hanging. The silver side and round which are to be salted must hang a shorter time than the joints intended for roasting, but they must be hung a certain time.

Mutton is killed more frequently than beef, and in giving orders for mutton the attention must be directed to saddles, legs, &c., being hung long enough to be tender, and to necks of mutton being supplied when newly killed, so that the scrag ends may be used at once for the stock pot.

Veal is killed frequently in the spring, barely once a week at some seasons of the year. Sweet-breads and particular joints must be ordered long in advance.

Lamb when in season can be substituted for mutton: it is always higher in price.

Pork is not always popular either with masters or servants. A roast loin of pork with apple sauce, or a boiled leg—slightly salted—with pease-pudding, are, however, excellent dishes when the pork is of good quality. Small delicate pork cutlets, with a purée of tomato, make a variety as an entrée. The rule as to season should be the same as with oysters: fresh pork is in season in those months which have an R in them.

A fillet of veal, stuffed and well roasted, a loin, with toast served under and the kidney as its garnish, a fricandeau carefully braised, will find favour in some houses; and for entrées, such as *crème de volaille*, quenelles, grenadins, scallops, for white stock, savoury and sweet jelly, veal is a necessity.

The monotony of 'butcher's meat' day after day is a trial to the palate; it is well therefore that greater facilities of communication now enable game to be sold in our large towns at moderate prices, and it may be remarked that there is therefore another side to the complaint, Lord So-and-So sells all his game. The quality of meat in England is not what it used to be. Mutton at fifteen months can never be good eating. Beef is generally over-fat. In France neither producers nor consumers desire the over-fed, over-fat animals seen in our showyards and butchers' shops. What the consumer wants is good juicy meat, with no

more than the average amount of fat—all beyond that is useless, yet it must not the less be paid for.

Having settled the days when it is possible to serve beef, other intervening days must be arranged with mutton as the chief dish, and poultry or game as the secondary dish—or with mutton cutlets as a substantial entrée, and poultry (a turkey, for instance) as the chief dish.

At large dinners there is always one joint of meat, and poultry or game as the second roast.

When there is one entrée and one roast, if the entrée is of poultry the roast must be of meat, and *vice versa*.

Poultry is to be had all the year round ; it is the price and quality which vary. The thrifty manager will not buy spring chickens or ducks at their inevitably high prices. She will rather provide an alternative dish within the compass of her means.

Price apart, turkeys, geese, and full-grown chickens are to take the place of the roast joint of meat on certain days, and on those days the entrée, or one of the entrées, should be cutlets of mutton, or slices of fillet of beef.

Game and venison are the most attractive and valuable contributions to the larder and to the dinner-table ; but those who possess ‘shootings’ often have too much of a good thing, and the palate wearies, the digestion suffers from ‘*toujours perdrix*,’ venison soup, pasty, hash, or haunch, hare whether roast or jugged, roast grouse fourteen days running, or pheasant for the same time, the only variety being that of ‘tough’ or ‘tainted.’

The young housekeeper in remote parts of the country must not only acquire the art of ordering dinner, but must also learn to take advantage of such exceptional delicacies as circumstances place within her reach. There may be five-year-old mutton from the hillside, and a larder in which it can be kept for the three weeks necessary to secure perfection ; there may be trout fresh from loch or stream in perplexing superabundance, or oysters only obtainable at neap and spring tide yet welcome every day, or crabs and crayfish small in size yet delicious when made into miniature parton pies.

There will also be difficulties to overcome, as when no fish is obtainable and *maigre* dishes must be served. We will not attempt to give instances here, but rather refer our reader to the various substitutions and combinations which will be pointed out in the chapters on *menus* and vegetables.

A good manager must calculate beforehand what the requirements of her table will be for the week, in the dining-room, and in the servants' hall ; on what days there are to be guests, or extra guests if there are already friends staying in the house, and she must prepare orders for the butcher, and for the supplies of fish and poultry. In the country the rotation of dishes should be arranged with reference to the supply of beef. The joint on one or two days, or if not the joint, the substantial dish, will be beef. The meat must have hung a certain time ; therefore having ascertained on what days beef is killed, it can be settled on what later day there is to be roast beef, rump steak, &c., and it is known on what day *fresh* stock-beef is to be had.

In the country forethought and ingenuity are required to keep the larder supplied with materials ; to eke out butcher's meat, perhaps procurable only once a week, by salt meat, poultry, &c. ; to bespeak just such a supply in summer as can be consumed whilst in good order ; to secure in winter a due number of joints which by hanging in the larder are known to be tender. Butchers as a rule will not hang meat ; it loses in weight, and they have to bear the risk of a change in the temperature, as well as the certainty of the loss in weight.

Again, it requires ingenuity to make common vegetables take the place of the rarer kinds when the garden or gardener is in fault ; to produce a second dish of fish from the remains of yesterday when the supply is deficient ; to provide other sweet dishes than those made with eggs, when the time of the year and the temper of the hens render the demands of the breakfast table those only to be met.

And it requires firmness and forethought to get good butter, cream, and milk, that is, the due quantity of each, without extravagance or pinching, from the home dairy or the milkman, and to restrain within bounds the ardour of the cook.

It is true that in towns where all manner of comestibles are obtainable, the forethought of the housewife is less severely taxed. The question of expense is here the important point. On that question, too, some observations will be found. Plain English fare, that is, large joints simply dressed by roasting or boiling, and served with no other sauce than their own good gravy, possess high merit ; but English beef and mutton are not

what they used to be. If the ox is to take his Norman name at eighteen months and the sheep at twelve, it will be absolutely necessary to impart flavour and to create gravy by the assistance of French recipes. It must, too, be borne in mind that plain English cookery is only suited to the best joints, and that an adherence to large joints implies a steadfast love of cold meat not always found amongst either masters or servants.

It has been ascertained by experiments made in public institutions that a smaller quantity of food is consumed and a larger measure of health is secured when the food is varied in kind and cooked in various ways. And in point of economy, to provide for the food of a family by an ample supply of large plain joints tells heavily upon the butcher's bills, which may be judiciously reduced by the art of cooking less substantial dishes.

## CHAPTER IV.

### *KITCHEN, LARDER, AND SCULLERY.*

THAT the kitchen should be kept sweet and neat, the pots and pans scrupulously clean ; that the sieves, strainers, the chopping machine, the cutters, the pastry board or shelf, should be freed from all particles adhering after use ; that there should be a place for everything, and that everything should be in its place—these are elementary truths.

The floor of the kitchen and scullery must be washed every day. The tables must be scrubbed with soap, soda, and water. The dresser must be dusted daily and washed once a week or oftener.

The stewpans, saucepans, fish-kettles, frying and sauté pans must be kept clean and bright inside and outside. The copper pans must be re-tinned once a year ; it is far better to spend a little more on re-tinning than to run the risk of copper-poisoning in the food.

The rule should be that every article used by the cook is to be put back in its place after use as clean and bright as if it were new.

The sink must be kept clear of all solid matter, and the tubs or buckets used in washing dishes and

emptying away animal and vegetable scraps must be most carefully cleansed.

Before washing the dishes, all the bits of broken meat, &c. should be sorted into separate plates, and the refuse only thrown into the tub or buckets for pigs' wash. It is easier also to clean saucepans before the sticky remains of food have got hard in them.

Wooden utensils require soap, or soda and water. Plates and dishes that have been used are dipped in cold water, after being washed clean in hot water, then wiped and put in the rack.

When poultry are drawn and fish cleaned on the premises, special arrangements are necessary to dispose of the entrails, &c. in the speediest way. The game larder requires the greatest attention, as game is brought in already tainted by the mode of killing and carrying in hot or muggy weather.

The best thing to do with a game larder is to lay broken charcoal in a long narrow basket (such as would fit a window sill) on the floor. Or to build a little sloping drain for holding charcoal. If there are many hares in the larder, this precaution is essential. At the end of a week the charcoal must be changed and burnt in the kitchen, where it is of the greatest use. It has absorbed all the impurities of the game larder, but in burning it disposes of them.

As the ordering and storing of provisions must precede the cooking them, it is desirable to consider what space is set apart for 'keeping' meat and perishable provisions, and for the storing of groceries.

The larder must be cool and lofty; the temperature should never rise above 50° Fahrenheit in sum-



mer, or fall below  $38^{\circ}$  in winter. The shelves should be of slate, and the walls lined with white glazed tiles. The windows must be arranged to secure ventilation, and to exclude flies. There must be outside blinds, or shutters, and the aspect should be north. The size of the larder is in proportion to that of the house and household, and it is also necessary to take into consideration whether the meat is supplied by the butcher in comparatively small quantity, or from the home farm in large quantity. In towns, as the supply of meat is almost always derived from the butcher, a large larder is not required, but space for storage of some quantity of meat is necessary, as there are Sundays and holidays when the butcher does not send, and it is quite as wasteful to *buy* meat in very small quantities, as it is to *cook* it in very large quantities. Poultry can be kept in the meat larder. Game should be kept in a separate place. In large houses there should be a fish larder with a slanting slate shelf and a tap of water.

It sometimes happens that the conditions which will produce an equable temperature are to be found underground, in a cellar or an outhouse: a meat safe with lock and key will be useful in such cases.

There must be a larder for cooked meats and for stock, which should never be placed in the meat larder. It would be well to have another larder for meat in salt, for bacon, and hams. But in too many houses there is but one larder for everything.

Whether there are many larders, or only one, the most scrupulous cleanliness must be observed; the cleanliness of precautionary measures, as well as

that of washing, scrubbing, lime-washing, and painting.

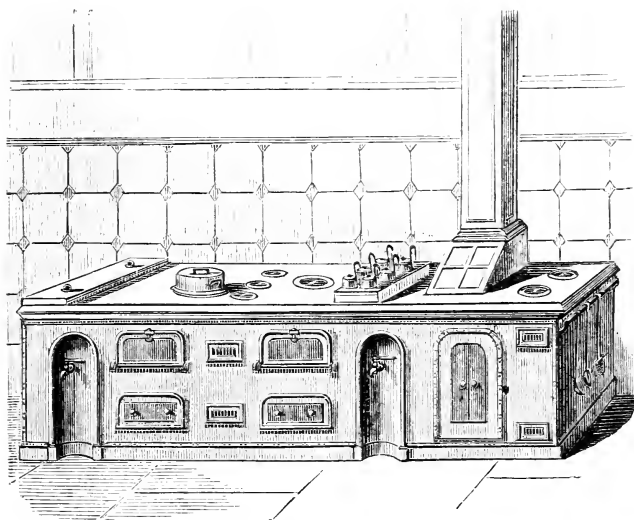
Each different joint has its part liable to taint before the whole joint is tender enough to be cooked; every animal and vegetable substance has its group of enemies ready to deface and to disintegrate its structure. It is necessary to combat these enemies by many means. Sometimes to remove portions of the meat, to wipe the surface, to dry by the application of flour and pepper, to place powdered charcoal inside poultry, to parboil or to half roast in very muggy weather. But always to keep every nook and corner and cranny free from dust, germs, or taint; which, as dust, germs, and taint are being produced every day, requires unceasing vigilance, and it is imperative always to be on guard against smells and taints from drains and utensils.

Carbolic acid in the proportion of half a pint to a bucketful of cold water is useful, and it is well four times a year to wash the tiled walls, slate, slabs, and floor with it.

## CHAPTER V.

*KITCHEN UTENSILS.*

THE lists here given are on a very moderate scale, suitable to small families ; more fish-kettles and stock-pots, sauté pans and saucepans can easily be added.



COOKING STOVE.

Moulds of varied form and shape in tin and copper are to be seen in every ironmonger's shop, and cooks

are too apt to ask for new shapes, and to think more of the form in which a jelly or a cream is served than of the clearness of the jelly and the flavour of the cream. But there should be moulds to hold different quantities, quarts and pints, and of course when double dishes are served there must be double sets of moulds. The best grate or hot-plate for cooking purposes has yet to be devised. The old-fashioned open range roasts admirably, but it does everything else very badly. A hot-plate, or gas rings, or charcoal fires in a hot-plate must exist in every kitchen where there is to be varied cookery. There must be a boiler for hot water and a baking oven. In France a combination of hot-plate, oven, boiler and open fire is to be seen in the kitchen of all the hotels, presided over in general by the 'Host,' who is both landlord and cook, and therefore a judge of the amount of fuel it consumes as well as of the ordinary advantages it offers. This hot-plate is never imbedded in masonry, and is always so placed that the light falls on it, a very important point in frying.

### **List of Kitchen Utensils. No. I.**

Pestle and mortar ; 2 baking sheets ; 6 dish covers ; freezing machine ; 2 dessert ice moulds ; 1 ice pudding mould ; 1 spice box ; turbot kettle ; 2 fish kettles ; dripping pan and ladle ; 2 preserving pans ; 4 gravy strainers ; 2 egg whisks ; 2 frying baskets ; 1 salamander, bain-marie pan, jelly bag and stand, seasoning box, omelette pan, cutlet pan ; 3 cook's knives ; 1 pallet knife ; 1 large kitchen fork ; 6 copper stew-

pans ; stock-pot ; 12 enamelled saucepans ; 1 boiler ; 1 braizing-pan ; 3 frying-pans ; 1 colander ; 6 yorkshire pudding tins ; 6 copper moulds ; 6 tin moulds ; 4 border moulds ; 3 larding needles ; 2 trussing needles ; 2 sets of skewers ; 1 saw ; 1 chopper ; 1 cutlet bat, pasteboard, rolling-pin, flour tub, weights and scales, mincing knife ; 2 wire sieves ; 2 hair sieves ; 2 tamis bats ; 2 tamis cloths ; 12 wooden spoons ; 6 iron spoons ; 1 box of French cutters ; 1 box of paste cutters ; 2 paste brushes ; 1 biscuit pricker ; 12 patty pans ; 2 tea kettles, toasting fork, gridiron ; 2 washing-up tubs ; 2 wooden pails ; 1 zinc pail.

### List of Kitchen Utensils. No. II.

1 boiler ; 1 4-gallon iron saucepan ; 1 2-gallon iron saucepan ; 1 tin egg saucepan ; 1 small stewpan (iron) ; 1 three-gallon saucepan (iron) ; 1 quart enamelled saucepan ; 1 pint enamelled saucepan ; 1 3-quart iron kettle ; 1 pint tin kettle ; 1 large tin colander ; 1 iron dripping pan ; 1 tin yorkshire pudding pan ; 1 2-quart milk can with cover ; 4 iron spoons ; 12 wooden spoons ; 1 tin flour dredger ; 1 tin pepper dredger ; 1 frying-pan ; 1 nutmeg grater ; 1 spice box ; 2 trivets to hang in front of fire ; 1 chopping board ; 1 chopper ; 1 hatchet (for breaking bones) ; 1 thick oak board about 12 inches square for cutting up meat ; 1 wooden flour box ; 1 wooden salt box ; 1 egg basket ; 1 wire salad basket ; 1 hair sieve ; 4 pudding basins, various sizes ; 2 pie dishes ; 1 china pastry basin ; 2 moulds ; 1 vegetable pan ; 1 earthenware bread pan with cover ; 1 bain-marie pan ;

6 copper stewpans, in sizes  $1\frac{1}{2}$  pints to 5 quarts ;  
 3 iron stewpans, in sizes ; 1 iron digester pot, 3  
 gallons ; 1 copper sauté pan ; 1 copper sugar boiler ;  
 1 copper preserving pan ; 2 block-tin jelly moulds ;  
 1 block-tin cake mould ; 1 block-tin raised pie  
 mould ; 1 wrought-iron omelette pan ; 1 best tin  
 dripping pan ; 1 cradle spit ; 1 iron stand for



CRADLE SPIT.

dripping-pan ; 1 basting ladle ; 1 oval iron boiling  
 pot ; 1 wooden meat screen lined with tin ; 1 best  
 brass bottle jack ; 1 cutlet bat ; 1 meat saw ; 1 meat  
 chopper ; 1 set poultry skewers ; 1 set steel meat  
 skewers ; 2 cook's knives, in sizes ; 1 root knife ; 1  
 dishing-up fork ; 1 set larding needles ; 1 toasting  
 fork ; 1 fluted bar gridiron ; 1 hanging gridiron ;  
 1 frying-pan ; 6 iron saucepans, in sizes ; 1 large  
 iron saucepan with steamer ; 2 enamelled saucepans  
 with lips ; 1 box vegetable cutter ; 1 fish slice ; 1 egg  
 slice ; 1 iron tea kettle ; 1 wire frying basket ; 1 tin  
 colander ; 2 best tin fish-kettles, in sizes ; 2 best tin  
 baking sheets ; 1 pair paste nippers ; 1 box plain  
 round cutters ; 1 box fluted cutters ; 1 bread grater ;  
 1 paste jagger ; a salamander ; 6 iron spoons ; 2  
 gravy spoons ; 2 vegetable scoops ; a girdle ; 1 tin  
 funnel ; 2 block-tin gravy strainers ; 1 dozen tartlette  
 pans ; 1 dozen mince-pie pans ; 6 dariole moulds ; 1  
 egg whisk ; 1 marble mortar ; 1 hardwood pestle ;  
 3 hair sieves ; 1 weighing machine and set of weights

to weigh 14 lbs.; 6 tinned meat hooks; 2 tamis cloths; 2 corkscrews; 1 jelly bag and stand; 1 wash-hand bowl; 2 cinder shovels; 1 box coffee mill; a mincing machine; paste board and rolling pin.

A refrigerator is a great help during the summer months in preserving many of the necessary articles of food; and without ice it is difficult to make puff paste, and to turn out moulds of jelly, &c. in very hot weather. The cost of a refrigerator ranges from 3*l.* to 15*l.* and upwards. It is a miscalculation to purchase one which is not large enough to hold a suitable quantity of ice and the various articles of food which have to be 'kept.'

Care must always be taken to prevent the odour of one edible from being imparted to another, when placed in the refrigerator.

## CHAPTER VI.

*DISHING UP.*

FOOD must not only be well and suitably cooked, but it must be sent to table neatly and, if possible, elegantly arranged. Joints are to be placed on dishes deep enough to hold some gravy, large enough to admit of being carved without spilling the gravy, but not of disproportionate size. The fish dish should be long and narrow for salmon and similarly shaped fish, broad for turbot and dories: there should be drainers for each size dish. Entrées require care and neatness in arranging, and also, it may be observed, in carrying from the kitchen to the dining-room, so that the cook's care may not be frustrated by the footman's carelessness. Entrées which consist of small pieces of meat, &c., must be placed symmetrically in the dish. Here the lady can render real service to an inexperienced cook, by preparing a model dish either with pieces of bread, or cold cutlets, and with the proper quantity of garnish and sauce, when both mistress and servant are at leisure.

The sauce must surround, but not submerge, the entrée: it is poured from a gravy-cup with a spout, and the edge of the dish must be free from drops or splashes. If the cutlets after being dressed in a circle



are to have a garnish in the centre, that must be heaped up and not strewn carelessly ; there must be enough and not too much of it. If the cutlets are to be placed on a border of mashed potatoes, as is done to prevent their shifting, it must be firm so as not to wash away with the gravy and make a sort of white mud. Small silver or plated hoops are now sold, which are of use in keeping the contents of the dish in the proper place.



SILVER BORDER.

All those entrées which consist of large timbales must be sent up on dishes of a similar shape to the timbale—that is, a round mould on a round dish, an oval mould on an oval dish ; therefore in buying moulds it is necessary to adhere to the shapes of the dishes, china or silver, in which they are to be sent up. What is called a hash dish, i.e. a deep dish, either oval or round, is best not only for hashes, but for jugged hare ('civet de lièvre'), Irish stew, chicken and rice ('pollo con arroz'), and those preparations of which the parts do not admit of being symmetrically arranged. It is desirable to have lining dishes either of metal or china (to bear oven-heat) which fit into the dishes sent to

table, so that all food prepared 'au gratin' can come to table in the dish in which it has been cooked. The cook should be told beforehand which china, silver, or glass dishes she is to use, and a silver dish must not first undergo a hasty hot-water bath, and then receive a mould of jelly.

## CHAPTER VII.

*SERVING THE DINNER AND WAITING.*

IN ordering a dinner, it is necessary to consider how many dishes the staff in the kitchen can prepare so as to send them up hot, and how many the staff in the dining-room can hand round without protracting the meal and wearying the guests. It is sometimes expedient to have one or two cold dishes which the cook can prepare beforehand, to be served while she is most busy with the next hot dish ; and it may also be expedient to select dishes which do not require carving, so as to relieve the labours of the butler, and to substitute a dish which can be handed round for one that must be cut up, at a certain stage of the dinner.

The old-fashioned mode of setting a number of dishes on the table at the same time has been given up ; even when the carving is done by the host, or hostess, only the dish to be carved is placed on the table. If there is only one servant and the dish requires a sauce, the small tureen should be placed by the side of the host or hostess, so that the servant is not called on to hand it round, and the guest is not kept waiting.

The simplest arrangements must in one sense be the rule when only one servant, male or female, has to wait at table ; in another sense, however, the

arrangements are less simple. That is, forethought must provide for all the requirements of the guests, and condiments must be placed on the table, not on the sideboard. Wine, beer, or cider—water, soda water, must be placed on the dinner-table, or on a side-table close to the host. The various little stands for pepper, salt, and mustard, or for sauces, bottles, &c., which can now be bought at moderate prices, can be so placed that the table need not look ugly or untidy. A growing plant dexterously fitted in a china pot (not dropped halfway in), or a few flowers and green leaves in a low vase, or in various little glass or china pots which make a group, will give grace and refinement to the table. The cloth must be kept free from gravy stains, or a napkin spread over obnoxious spots.

When two or more servants wait at table, the amount of handing round, both of meats and drinks, must depend on the number of guests and the style of dinner.

In France, two servants, male or female, or male and female, will wait on a dinner-party of twelve guests, and a good dinner will be served hot and eaten agreeably within the hour. But the guests are trained to help each other to wine and water (with the exception of the higher class of wine, which is handed round), and they are also trained not to 'ask for things.' Each dish is self-sufficing.

In England, one or two sauces and several vegetables are required to make a dish complete, and a guest who does not receive a potato with or within a second of his slice of mutton looks, or speaks, as an injured man.

For a set dinner-party one servant to three or to four guests is the rule. The servants or waiters must be accustomed to act together, and as they have a certain set of rules, if there is to be any deviation from the routine to which they are accustomed, a very clear explanation and a rehearsal will be necessary. The footman who hands the sauce should precede the man who hands the fish, and stand behind the guest so as to be able at once to offer the sauce, and it should be understood that no dish which requires accessories should start on its course till the accessories are ready to accompany it. 'Why was not the mint sauce handed round with the lamb?' 'Because the cook had not sent it up.' 'I shall mention that omission to the cook; meanwhile you should not have cut up and sent round the lamb till its sauce was ready.'

To make sure on this point, in writing the bill of fare for the butler 'sauce' in a bracket should always be written against any dish which requires sauce.

Guests as well as servants have their duties: they should not ask for accessories out of the usual order, nor for exceptional drinks till the regular serving of wine has taken place. It is not creditable, however, to the butler if there are no pickles to be had with cold meat at luncheon, if the mustard is stale, or the pepper castor empty, and if the footman ignores one's request for cayenne pepper because he knows that condiment is not within reach.

Drill is the important factor in discipline, and till the servants who have to act together, permanent or temporary men-servants and waiters, or neat-handed

table-maids, have been drilled to lay a table, to equip a sideboard, to bring up dishes without spilling the gravy or shifting the centre of gravity, to hand round the proper combinations in the proper order, guests will be dissatisfied and hosts humiliated.

Carving requires a sharp knife, a firm hand, and a certain knowledge of anatomy. The number of helpings and guests should be a previous calculation of the housekeeper; but an unexpected accession of guests will suggest to the carver that each guest must receive a smaller helping of fish, or that if each regular guest receives a whole snipe, the unforeseen guest will get none, and he will carve his dish in less liberal portions. French asparagus, though handed round in its dish, is generally distributed by the servant, three or four heads to a guest being the allowance. The same rule is observed in the case of forced strawberries at dessert.

## CHAPTER VIII.

*DECORATION AND ARRANGEMENT OF THE  
DINNER TABLE.*

THE table *may* be round, oval, or rectangular, broad or narrow ; it *must* be capable of being enlarged, so as to give room for the maximum number of guests, and when only four persons sit at meat, its size must not be in excess of their requirements. Lighting may be the result of candles or lamps placed on the table, or of chandeliers and lamps suspended over the table ; these are points to be settled when the general fittings-up of the dining-room are being arranged, according to the tastes and habits of each family.

The important point is that the equipments and decorations should be adapted to the size and shape of the table ; that the glass, china, and plate should be chosen with taste, and arranged with an eye to the general effect ; that the cut flowers, flowering or foliage plants should have fitting receptacles, not merely be 'put in water' or dropped into 'cache-pots,' but that their disposal should show that care as well as cost have been at work.

The table must be covered by a fair linen cloth of good design, with no marks of crease or fold, large

enough to hang well over the sides of the table, not so large as to become entangled in the legs of the guests. The table napkins are to be of the same pattern as the cloth, and large enough to cover the knees and hang down a little way.

The margin of the table is occupied by the knives and forks, wine-glasses, tumblers, water-bottles, salt-cellars, stands for broken ice in summer, and the little stands for pepper and mustard. Wine-glass coolers are now seldom used. They take up too much room. But there should be three glasses, for sherry, claret, and champagne.

It is usual to put a roll or piece of bread in the napkin, which is neatly or curiously folded. The result of this arrangement, however, is that the guest takes up the napkin without noticing the presence of the roll, which disappears under the table, and has to be replaced by a fresh one at an inconvenient moment for the service. Placing the roll in front or by the side of the 'couvert' is a better plan.

The lamps or candlesticks and the dessert dishes are the other necessary articles on the table. These may be placed in a line down the centre of the table, if narrow, or in two or three lines if the table is broad. On a circular or oval table they would be placed in a circle. The treatment of the parts of the table left free is the question now to be discussed—How many purely ornamental articles are to be placed on the table? how many are at the disposal of the 'table-decker?' what will look well, of the plate and china, in combination with the flowers at his disposal.

Huge pieces of plate set on the table merely for



show often destroy the general effect and impede conversation. They are better placed on a sideboard or on a velvet-covered dresser.

China figures, either to hold flowers or as works of art, look well, and when flowers are scarce they are a great assistance, as a few flowers can be then arranged so as to give the colour and life wanted.

In the hot days of summer ice in the form of pyramids is sometimes introduced, to give coolness and freshness to the dinner table. The pyramid must be surrounded by fern leaves. Much caution as to the stand must be observed, as the melted water is apt to overflow on the table-cloth. Proper drainage must be provided. These pyramids have to be ordered of the size desired a day or two beforehand.

In towns, flowers of every kind can be bought in unlimited quantity: the cost is the chief point to be considered. How much is to be spent on cut flowers or plants? Is the sum to be spent on a few choice flowers, or on a large quantity of commoner flowers, of ferns, lycopodiums, etc.?

In the country a different set of difficulties has to be dealt with. The temper of the gardener or the state of the garden may suggest moderation in the demand for roses. The greenhouse must not be stripped for the dining-table, to say nothing of the requirements of drawing-rooms, etc. Then again, after a certain number of plants have lost their beauty by indoor life, only cut flowers, and those in small quantities, may be available. Leaves, grapes, berries, trails of ivy, may be the only possible decoration; taste and skill must do the rest.

The shape, colour, and length of stem of flowers must be taken into account, and there should be a supply of shallow glass or china vessels at hand, with moss and leaves, to receive hollyhocks, carnations, roses, and other flowers which cannot be cut with long stems, or the next crop would be sacrificed. The appropriate foliage must be looked for. A skilful table-decker at a great country house used to walk through the grounds every day in search of new combinations, not being content with the conventional or convenient-to-himself supplies sent in by the chief gardener.

It is desirable to cultivate variety as well as grace in decorating the table. The same pieces of silver and gold plate, of Sèvres or Dresden china, the same pelargonium pies or gardener's bouquets day by day in a country house, become as wearisome to the eye as boiled chickens and roast saddles of mutton are to the palate.

With what pleased surprise the guests see a great mass of colour—daffodils, or tulips, or peonies—rising from some brazen vessel of Eastern workmanship, instead of the conventional wine-cooler converted into a cache-pot, with a prim plant, which might almost as well be made of painted muslin. If on some days pomp or primness preside over the decorations, let fancy step in now and then with some hitherto despised groups or contrast of flowers.

A few illustrations of the arrangements of the table, and a few descriptions of some arrangements remarkable for taste, are here given.

*An oval table for ten guests.*—The dessert was placed in dishes taken from an old-fashioned supper tray service of Worcester china forming segments of a circle. The central bowl was heaped with fruit; four silver sugar basins of oval form were placed at the corners at each end of the table. The whole space of the table left free was filled by roses, the stems cut quite short, so that the dishes appeared to stand on roses. The margin of this bed of roses was a layer of rose petals. The table was lighted from above.

*A round table for fourteen guests.*—A group of foliage plants in the centre, surrounded by lycopodium and a wreath of panicles of white flowers. A large piece of very fine table-cloth was allowed to appear; then came a circle of scarlet geranium and yellow calceolaria in shallow troughs, bounded by tiles or fenders of old Italian *faïence*, and divided into sections by dwarf china figures—the wreath continuing to the eye all round the table, and, as it were, held in place by the china figures. The scarlet geranium was the inner circle, and on the table-cloth a line of green leaves was just apparent. No dessert on the table.

*A long table, twenty guests.*—The centre-pieces, candlesticks, and flower-pots were of Indian wrought silver. In these, foliage plants, with broad leaves and slender stems, were surrounded by lycopodium, whilst innumerable small glasses with a nearly full-blown rose in each formed groups or rows linked together by trails of foliage placed on the table-cloth.

*A small round table.*—The centre occupied by a very large plateau, which may be of china, or metal, or even of wood ; a group of fruit arranged on it, as seen in pictures—pine, melon, grapes, figs, resting on vine leaves and tendrils. A margin of troughs with cut flowers, and some old china interspersed.

*An oval table for eight guests.*—The supply of flowers had failed, but a large quantity of the leaves and tendrils of a Virginia creeper were at hand ; strawberries and cherries in profusion gave colour ; and the table-cloth was crossed and diapered with these leaves and tendrils. The effect was charming from its simplicity.

In Germany decorations for name days are made by arranging the cipher in white flowers on a ground of blue corn-flowers (*Cyanus minor*), on the principle of carpet bedding, with corners of rosebuds or pansies embedded in moss. A tray, with shallow sides and many troughs fitting in, would be required for this, and there should be china tiles, an inch and a half to two inches high, as the frame : these can be moveable.

*An oval table for ten guests.*—In the centre a large *low* bouquet of Cape jessamine, spiræa and maidenhair fern ; four or eight white china tubs, four inches square, with miniature ferns in them ; four low white china figures holding bonbons and dried fruit. The dinner and dessert service and the ornaments were all of pure white Limoges china.

*A broad table for twelve guests.*—The central object a well-grown indigenous fern ; on the table-cloth wreaths of stag's-head moss, and at intervals

bunches of heather. The wreaths were so arranged as to frame in the candlesticks and two large dishes, containing grapes and greengages. The same table with wreaths of club moss and bunches of mountain-ash berries. These decorations are hardly to be had out of the Highlands or the North of England.

*A long table for a large party.*—A variety of silver ornaments interspersed with china flower pots, in which branches of mahonia were so arranged as to look like miniature trees sprinkled with snow.<sup>1</sup>

*Long table for fourteen.*—Lighted from above. Dresden china dessert dishes of different heights, and gold ornaments. In the centre, and occupying the greater part of the table, a silver gilt basket filled with a mass of camellias on moss, and dressed with sprays or single flowers of the long-stemmed winter violet (*Czar*). Bouquets of camellias beside the ‘couverts’ for all the ladies.

*Table for eight to ten.*—Lighted from above. Centre, Dresden figure supporting a basket heaped with fruit and standing in a ring of violets, three inches wide. Two flat trays, sixteen inches by ten, filled completely with violets, except in their centres, where round low dessert dishes with fruit were sunk. At the four corners of the table flat circular bouquets of violets about two inches wide.

*Varieties of this flat decoration.*—Violets with inner rings of yellow primroses or of scarlet geranium ;

<sup>1</sup> To do this, when the foliage is arranged take a fine-rosed watering can, and dew the whole with very weak gum water. Allow the water to drain off a little, then apply the finest white flour, and afterwards the finest sparkling salt, which must be dried before using.

also grey blue plumbago with inner rings of pink geranium ; or primroses with inner lines of blue hepaticas. The flowers should be without leaves, and kept as flat and smooth as moss.

*Table for ten to twelve.*—Flowers in narrow crystal trays arranged in the form of a St. Andrew's cross, which stood out from a circle round the foot of a gold cup. Branch lights and dessert dishes. The flowers used were the large non-scented syringa (mock orange) fringed with every shade of leaves, that at the points of the cross being dark copper-coloured. Down through the mass of the syringa was drawn a sharp line of scarlet geranium. At the four corners of the table semicircular trays filled with the same flowers.

*Round table for eight.*—Centre branch candlestick. Small rainbow-like circle round the candlestick, and second larger ditto just inside of the 'couverts.' These circles were composed of, first row, purple viola ; second row, orange scarlet nasturtium ; third and fourth, yellow nasturtium and yellow and lemon viola carefully shaded outward to the lightest.

*Table for sixteen.*—Silver épergne with glass baskets ; branch candlesticks. The glass baskets of the silver épergne and about ten or twelve small low glass baskets on the table were filled with the common field poppies, with ferns and with a few ears of corn.

*Table for twelve.*—Gold ornaments and gold candlesticks. A dozen or more glasses of different heights dressed with bright bunches of the mountain-ash berries.

*Table for twelve.*—Hunting season. Gold centre-

piece. Long branches of brambles drawn from the centre out to all the corners and the sides of the table. These branches were carefully selected, as not being too strong nor too withered, though they still had some red and yellow leaves. They had had a flat iron passed over some of the stems and leaves to make them manageable.

*Table for fourteen.*—China ornaments and candlesticks. Strip of crimson satin down the middle of the table bordered by feathered moss, into which at intervals of two inches single blooms of the white pheasant-eyed narcissus were laid.

*Table for ten or twelve.*—Centre gold piece ; gold candlesticks. A dozen small old blue china flower pots, in rows down both sides of the table, with single (cut) tritomas, with their leaves in each looking like small pines.

*Table for twenty-four.*—A pyramid of ice surrounded by wreaths of water-lilies lying flat on the cloth.

To some eyes the flowers on a table should be all of one kind and colour ; to others a mixture of flowers is agreeable. No absolute rule can be laid down ; at present, taste inclines to there being one or two kinds of flowers. Strongly scented flowers are objected to by many people.

A fashion has sprung up of late years of placing a strip of satin down the centre of the linen cloth, so as to give more colour and variety to the table. The edge of the satin is concealed by a wreath of leaves ; the colour must therefore be chosen not only to contrast with the white cloth, but with the green or

brown leaves which make its fringe. Instead of satin, Greek lace lined in colour, or linen embroidered in colours, is also seen as an embellishment to the plain table-cloth.

Let it always be remembered that cloths which will not bear *washing* must not on that account be used when soiled ; they must be replaced by new ones, or this mode of decorating a table must not be attempted.



## CHAPTER IX.

*EXPENDITURE.*

IT must be borne in mind by the housewife that modern luxury exacts a greater number of meals, a larger number of hot dishes at each meal, the accompaniment of fruit, flowers, and highly-polished silver, to an extent unknown in the simple days of our forefathers. Five meals a day at four or five tables—schoolroom, dining-room, hall, steward's room—implies an amount of bringing up trays and of clearing away by the men or women servants of the pantry department, of cooking the food, and of washing up dishes by the servants of the kitchen and scullery departments, which must tax their time and strength severely; and if the hours kept are late and irregular, must try their temper also. Breakfast and luncheon are 'hot meals,' but they are rarely punctual meals. In many country houses breakfast is so late that preliminary breakfasts are asked for in every bedroom; and five o'clock tea is on so tempting a scale that ladies have no appetite at the dinner table and have a very troublesome appetite at midnight. Those who can afford to devote the necessary money to establishments in which this

amount of luxury prevails, without trenching on other claims, have only to ascertain that there are servants enough for the work to be done ; that neither their health suffers by over-work nor their morals by over-leisure during the intervals when absence from home of the masters or other cause prevents 'company.'

### Wages and Perquisites.

A cook's earnings are made up of wages and perquisites. A good cook, or even a plain cook if good of her kind, is entitled to wages much larger than those given to other female servants, and it is for the interest of the employer to give ample wages. The question of perquisites is a different one : perquisites may be divided into two categories—a percentage on tradesmen's bills, and the sale of broken meats.

From a consideration of the first of these, it will be seen that it becomes the interest of the cook as well as of the tradesman to make those bills as high as possible. It would be an advantage to the employer and quite fair on the cook to arrange to pay her a sum calculated on the average outlay, in lieu of the percentage, and to give notice of this arrangement to the tradesman, who then can afford to charge 'stores' prices for his goods.

The second perquisite is the sale of broken meats, dripping, &c.

By this arrangement it is the cook's interest to treat as broken meat, and to convert into dripping, much sound and available provision. In the matter of selling, the real profit is obtained by the dripping

dealer, the real loss is sustained by the cook's employer: the cook gets a sum small indeed in comparison with the first cost and with the final sale of the article; the purchasers of broken meats are not scrupulous, the cook's conscience becomes less delicate, and half a leg of mutton is treated as 'broken meat.'

Those who can afford to give as wages to a cook 40*l.* and upwards per annum would do well to commute such perquisites into a money payment, and to give to the poor, through the various charitable agencies (whose collector would always call), the *broken* meats.

Where the system of board wages prevails, the same objection as regards broken meats does not exist, for all that is eatable is utilised to reduce the cost of living to the servants and to enable them to save out of their board wages—an unobjectionable, even praiseworthy habit.

### The Cost of Eating.

No rule as to the cost of food per head can be laid down. Households differ in numbers, ages, and habits. In a grown-up household the average per head is higher than when there are many children and some infants. Fifteen shillings a week per head all round, servants and infants included, is considered in a cathedral town what the housekeeping weekly expenses should come to. This includes servants' beer and the washing of the whole family.

The following are examples of households where the 15*s.* a week scale holds good.

No. 1.—Husband, wife, two children under four years of age. Four maid-servants. A late dinner.

No. 2.—Husband, wife, five children under fourteen. Three maid-servants. Early dinner.

No. 3.—Husband, wife, three or four young children. Three or four maid-servants. Early dinner.

No. 4.—Husband, wife, eight or nine children under seventeen. Three maid-servants. Early dinner.

These are all very modest households, where children are numerous and means small. Visitors and dinner parties are of course not included in these averages. An Englishwoman living at Paris, with several children, several servants, male and female, calculates sixteen shillings per head per week as the average expenditure. Two meals a day, preceded by a cup of tea or coffee and a roll or a bit of bread as early breakfast, are, however, the rule of masters and servants in France.

For a household where a handsome table is kept, and there is neither stint nor excess, one pound per head per week may be accepted as the fair expenditure.

The mistress of the household should know what she means to spend, and should let the cook or house-keeper know that she has to deal with an intelligent and fair-judging mistress.

The 'consumption books,' with columns for entering daily items and the additional meals for guests, are a help to the mistress, but are not very acceptable to a cook. The larger the establishment

the greater is the necessity for some such means of control.

In the calculation of how the sum spent per week is to be apportioned, a minute examination must be made of the requirements at each meal. The practice of having mutton chops and cutlets at breakfast and luncheon, as well as at dinner, will add largely to the butcher's book ; yet no blame is due to the house-keeper for such increase. The ordering or accepting a *menu* in which all the dishes contain cream, will make the demands on the dairy exorbitant (to say nothing of the demands on the digestive system of the guests). The profuse use of eggs, and dishes composed of eggs, at breakfast, lunch, 5 o'clock tea, and dinner, will explain the many dozens of eggs per week in the henwife's book.

Let there be a fair computation in each case—butter and milk and groceries, as well as the articles just noticed—and then, either as dictator or director, see that the computation is not exceeded. The substitution of a simple inexpensive dish for a complex and costly one is an advantage both for the purse and the digestion on many occasions.

Whilst the weekly expenditure is kept within fixed limits, the occasion of a 'feast' may call for and justify an expenditure as legitimate in its excess as the frugality of every day.

The information as to the cost of living at colleges and clubs, with estimates varying from 14s. to 1l. per week, does not throw the required light on the cost of eating in a household, because in the calculations of such establishments the wages of the cook

and of the other servants, the cost of coal and gas, and other items, are considered.

The following estimates and comments are the result of enquiries made with a view of obtaining the result of individual experience in households where some attention is paid to the subject.

The allowance for servants per head per week is as follows :—

Tea	.	.	.	.	$\frac{1}{4}$ of a lb.
Sugar	.	.	.	.	$\frac{3}{4}$ „
Butter	.	.	.	.	$\frac{3}{4}$ „

The allowance of meat in a large household, including poultry, game, and bacon, is from  $1\frac{1}{2}$  lbs. to 2 lbs. per head per day.

One correspondent says ‘the amount of meat used depends on the cook;’ another says ‘there is no limit placed on the consumption of meat, but the rule of the house (a great house) is plain dishes.’

The restriction in the last instance is therefore in the use of eggs, cream, sauces, truffles, and the accompaniments of entrées.

Another correspondent gives her experience as follows :—

In a small household in the country—family and guests, six persons ; servants’ hall and guests there, six to eight ; a month’s consumption was

Eggs	.	.	.	.	42 dozens.
Butter	.	.	.	.	56 lbs.
Milk per day	.	.	.	.	6 quarts.
Cream for the month	.	.	.	.	10 pints.

The responsibility must rest, not on the cook or housekeeper, however, but on the employer—that is, the lady at the head of the house ; and either by a knowledge of details she may guide the extravagant cook, or by stern refusal to pay unreasonably high bills she may compel the cook to look into details and reduce expenditure without impoverishing the fare, which is the course a cook attempts in order to coerce her employer.

## CHAPTER X.

*SOME DEFECTS IN ENGLISH COOKERY.***Wateriness.**

ONE of the most conspicuous faults in English cookery is the presence of water. Sometimes the soup is little more than hot water. The boiled fish is sent up surrounded by hot water. The Irish stew has lost all savour by reason of water added to that which the vegetables in it have already yielded ; and in the sending up of vegetables it is too apparent that the draining and evaporating processes have been omitted. Besides the objection that tepid water is not a sauce, there is the further objection that the water sent up has a disagreeable taste, and is unwholesome from the vegetable juices contained in it. A careful cook will press, squeeze, strain, drain, dry, or evaporate all vegetables that are cooked by boiling, and on the occasions when water is an ingredient in a dish, she will never exceed the quantity indicated. When broth is used to dilute a dish whilst it is cooking, only a small quantity is to be poured in at a time, and after that has been absorbed, in stewing, a second dose may be administered. The practice of adding water to the gravy in the dish is severely to be reprehended. The gravy ought to be the pure juice from the roasted joints.



### **Greasiness.**

This is a fault imputed to German cookery, not always without ground, but it is also to be met with in other countries. Grease, fat, butter, and cream, are important factors in most savoury dishes ; butter and cream in sweet dishes also. Where then is the mistake when a dish is called greasy ? In the case of soups it is that the stock-pot has not been skimmed, and that the stock has not been allowed to cool till the fat cakes on the top and can be removed. The same rule holds good with gravies and sauces. When butter has to be mixed in with vegetables, if the butter is allowed to oil, the dish becomes greasy ; the mode of obviating this is to work flour in with the butter, and to allow the vegetable and butter and flour to be on the fire for a short time only, and not at all on a fierce fire. The over-heating of fat is sure to result in oily, greasy dishes—this the cook can control. The soft, bad fat in meat, which is the result of the grazier's treatment of the animal, is not her fault. In frying, the defect of greasiness is the result either of the lard, butter, or oil not being of the right temperature when the thing to be fried is put in it, or of the neglect of placing each thing after frying on a wire sieve, or on a paper on a dish before the fire, so that the fat which clings round may drain off on the sieve, or be absorbed by the paper placed under.

### **Flavouring.**

There exists so great a difference of taste as to flavouring that it is desirable for the lady of the house

to explain to the cook what the standard of taste is to be on the following points :—

Whether *much* pepper, curry powder, mulligatawny paste are to be used in the dishes of which they are ingredients.

Whether vinegar and lemon juice are to be used sparingly or lavishly.

Whether spices and grocers' sauces are to be used at all.

Whether sugar is to be put into puddings in such quantities as to satisfy those who love sweet dishes of the sweetest, or in moderate quantities, permitting addition to such as wish the dish sweeter.

If the cook says she knows her business, the answer must be : ' You cannot know whether *we* prefer very highly seasoned dishes, or dishes of very delicate flavour ; and it is no imputation of want of skill, when I explain that we like clear soup without wine, and with very little pepper ; that creams are in my view best without gelatine ; or that an apple tart in which there were cloves would be sent untouched from my table.'

Fine herbs, mint, fennel, sage, sorrel, lemon peel, are necessary for certain dishes ; mushrooms, truffles, onions to others. The proper blending and harmonising of flavours show the skill of the cook, but it is also necessary that her palate should be in accord with that of the guests.

In France the standard of taste is uniform, or nearly so, and the tradition of the kitchen may be trusted even where there is no *chef* to direct.

In England tastes differ ; the tradition prefers

flavours from the *grocer* to flavours from the *garden*, and the cook's palate can rarely be trusted.

Whilst nothing can be truer than the remark that sound healthy life, whether in the animal or vegetable kingdom, is quite inconsistent with the habitual use of a highly stimulating diet, it is at the same time necessary to study the peculiarities of those palates and digestions which have to be kept in healthy order, to consult idiosyncrasies and to humour whims as far as is possible. There is neither sense nor saving in using that against which the stomach is set.

A remark of Dr. Brunton deserves to be quoted on this point :—

‘*Savoury* food causes the digestive juices to be freely secreted ; well-cooked and palatable food is therefore more digestible than unpalatable ; and if the food lack savour, a desire naturally arises to supply it by condiments, not always well selected or wholesome.

‘After a meal containing sufficient nutriment for the wants of the system, but very plain and simple in character, a craving is often felt for something more, although the person cannot say for what he craves. This may be satisfied by a little salt (on a crust of bread) on the tongue, though a more agreeable mode is to eat some dried, or ripe fresh fruit.’

## CHAPTER XI.

*DRESS OF THE COOK.*

THE necessity for the utmost care and accuracy in cleaning the kitchen, the larder, and all cooking utensils has been dwelt upon ; but, from the same point of view, there remains something to be said about the dress of the cook herself when actually at work in her kitchen.

Her dress certainly ought to be made of some material which admits of being washed. Flounces or folds that act as pockets to catch falling particles are to be avoided, but still more a skirt so long as to sweep or even to touch the floor. Why should she run the risk of picking up and carrying about in her train the first dropped cabbage leaf or chicken-claw, or of staining this misplaced appendage in some spilt sauce or oil, and of sweeping in consequence this sauce or oil over the rest of her kitchen floor ?

No cook works without an apron of some sort, but how seldom is her apron really large enough—large enough to secure her dress against a stain were she suddenly to drop her hands by her side. Or perhaps, though of a good size, it is not sufficiently fastened back, and being loose she is tempted at some emergency to wipe her hands in it. If she does so, the

chances are she pulls it out of its place and leaves her dress unprotected. A better plan is to wear, under a small apron, a really large one which is tied well back over the sides. The small one is the one that habitually gets dirty, and which is thrown aside at the end of the day, whereas the larger one will probably keep clean for several days ; and under all these conditions the cotton dress of the cook ought not to require such constant washing as it would otherwise do.

Then as to her hair. The hair of a man cook is shorter and more easily kept, yet he always wears a cap—is it not then absurd that a woman cook should allow her unprotected hair to be steamed by all her savoury pots or to be filled with flour by all her dredgers? She ought to wear a good-sized white cap, and for the sake of those for whom she cooks, let her dress her hair in some neat close way, so as to have no loose hairs or hairpins which might fall into the food.

## CHAPTER XII.

*THE CHIEF OPERATIONS OF COOKERY.***Roasting.**

THIS operation can only take place before a good open fire ; the meat must be placed close to the fire for a few minutes, and when the outside is just 'set' then it must be withdrawn and allowed to roast slowly, care being taken to baste frequently.

The surface of the joint being allowed to 'set' causes the gravy inside to retain all its qualities, and a free current of external air during the roasting renders the taste of the meat, both the fat and lean, sweet and wholesome.

The received time for roasting is at the rate of fifteen minutes to the pound for beef and mutton, and seventeen to twenty minutes to the pound for pork and veal.

As a well-cooked joint of meat should be full of its own gravy, in roasting it must at first be exposed to a quick fire, and in boiling it must be plunged into boiling water.

## Time Table for Roasting at an Open Fire.

10 lbs. of beef	requires	.	2½ hours
5     "     "	"	.	1¼     "
6-lb. leg of mutton	"	.	1½     "
Quarter of lamb	"	.	1     "
Leg of lamb	"	.	¾     "
4 lbs. of veal	"	.	2     "
4 lbs. of pork	"	.	2     "
Hare, if large	"	.	1½     "
Leveret	"	.	¾     "
Turkey	"	.	1½     "
Fowl,     "	"	.	¾     "
Goose,     "	"	.	1¼     "
Duck	"	.	¾     "
Pheasant	"	.	¾     "
Partridge	"	.	½     "
Smaller birds	"		¼ hour to 20 minutes

## Braising.

This operation requires a braising-pan, with its hollow lid to contain hot coals or hot water, and, as the braising-pan must not be too large for the piece of meat to be braised, it is desirable to have hollow lids to more than one size of stew-pan.

An earthenware pot in a *bain-marie* may be used, and the oven instead of the hot-plate is sometimes utilised. Pieces of meat which contain gristle can be



NOTTINGHAM JAR.

made digestible by braising or stewing, if the process is carried out over a slow fire and for the proper length of time—that is, upwards of four hours—and if it is basted about every twenty minutes with the gravy which surrounds but does not cover the meat.

To prevent the meat from burning, a round of buttered paper cut to the size of the stewpan may be placed on the top of the meat, care being taken that it should not drop into the gravy. Of course it must be lifted each time the meat is basted.

### Baking.

The universal use of closed ranges and ovens has caused baked meat to supersede roast meat. No care or contrivance will enable the process to be satisfactory, but it is cheap and convenient.

A brick oven would improve the taste of baked meat, but then again iron ovens are cheap and convenient. The expedient of the double oven pan, that is, of placing the pan which holds the meat on another pan which contains some hot water, lessens the taste of burnt fat, and frequent basting prevents extreme dryness. The roasting oven, the movable shelf, and the baking pans require great care in cleaning and keeping sweet. There must be a rack, on which the joint is placed, standing in the oven-pan.

### Sauté-ing.

This is a modification of frying : the same pan can be used, but in general there is a *sauté*-pan kept for



this purpose. The quantity of fat used is much less than for frying, and the object to be cooked is not surrounded with bread-crumbs and egg or paste. Mutton chops and cutlets, pork chops and cutlets, slices of fillet of beef, chickens cut into neat joints, are *sauté*. A good sauce can be served in a sauce-



SAUTÉ-PAN.



MODERN SAUTÉ-PAN.

boat, or placed round them, or *maître d'hôtel* butter can be put on each cutlet. *Sauté*-ing is a very palatable and wholesome mode of cooking.

The *sauté*-pan should be kept in constant motion to prevent the cutlets, etc., from burning, a peculiar jerk of the hand causing the articles in the pan to jump, '*sauter*,' so that they may be equally cooked on all sides.

### Frying.

The substances used for frying are butter, oil, lard, dripping, the fat which is skimmed off, or taken cold off, the stock pot. Marrow, and the fat near the kidneys, are also excellent ingredients of the 'dripping pot,' which should be of earthenware.

It is proper to have two or three earthenware pots, so as to keep separate the fats employed for frying fish from those used for meat and for sweet dishes.

Good frying fat can be kept a year without getting bad, if care is taken to clarify from time to time

and to remove dregs or scum. The frying-pan must be clean and the surface smooth, that is, the tinned surface if burnt or blistered must be renewed, else the tendency to burn is increased. A frying-pan must be six inches deep at least.

A copper frying-pan is used for many dishes—that is, copper-tinned. An iron frying-pan can be either tinned or enamelled, but the transmission of heat is not as good as in the copper vessel. A wire lining fits



WIRE LINING OF FRYING-PAN.

into the frying-pan; in this the objects are placed, and when fried they are removed and drained in it. A light golden brown, a crisp surface, are the characteristics of good

frying—a burnt or sodden look shows carelessness or ignorance on the part of the cook. The fire must be clear and brisk, and it must be maintained at the same heat all the time.

The moment the object fried is removed from the frying-pan, the pan must be removed from the fire, or the fat will burn.

Fish, cutlets, croquettes, rissoles, and fritters require a temperature of 380° Fahr.; chops, potatoes, and whitebait, 400° Fahr.

As the cook does not test the heat by a thermometer, but by a specimen bit of bread or parsley, the above figures will only so far help her as to show that certain things require fiercer heat than others. Practice and patience must be the real guides.

If the frying-pan is six inches deep, the fat must be three inches deep. Let it heat slowly, and, when

you think it is nearly at that point which fits it for frying, test it with a small bit of bread.

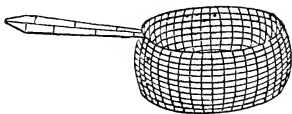
It is often desirable to place the object when fried on blotting paper before the fire, so that all trace of the fat may disappear from the surface.

As the point aimed at in frying is to have a crisp dry surface, it would be well never to serve sauce in the dish, because the under surface must be sodden by the sauce: this applies to everything that is egged or bread-crumbed; custom moreover requires sauce under cutlets and vegetables in the centre; it is therefore a better arrangement to '*sauter*' cutlets if there is to be sauce, and to hand round sauce when cutlets are egged and bread-crumbed. Croquettes and rissoles are always to be served on a napkin, and do not require sauce.

To clarify fat or dripping, place it in a large saucepan with a little water, set it on the hot-plate till all the fat is melted, strain through a cloth or hair sieve into an earthenware jar.

Fat that has been used for frying should always be strained into a basin containing a little water, so that the sediment may fall to the bottom.

The frying basket should never be allowed to touch the bottom of the saucepan; and the articles to be fried should be arranged so as not to touch each other; otherwise where they touch they will be burnt and the covering of bread-crumbs broken.



WIRE BASKET FOR FRYING.

If the articles when fried are of too dark a colour,

the heat of the fat has been too great, or they have been left in too long. If they appear sodden, the fat has not been hot enough.

It is expensive to fry in oil, but it is vastly superior to frying in fat.

### Boiling.

This is an easy mode of cooking meat and fish and a necessary mode of cooking many vegetables: it takes away savour, however, and should be restricted to a few joints.

The first point is whether the meat, etc., is to be put on in hot or cold water. Salt beef, salt pork, salt fish, must be put on in cold water: so must haricots, rice, etc.

Fresh fish must not only be put on in hot water, but in hot water with salt in it, because salt water boils at a higher temperature than fresh water.

Fresh meat must be put on in hot water, a little salt is to be thrown in, and the saucepan is then to be placed in a cool part of the stove and only allowed to simmer. There is to be careful skimming in both modes of boiling.

In selecting meat for salting always choose that of which the fat is firm.

### Time Table for Boiling.

Ham . . .	$\frac{1}{4}$ hour to each lb.
Salt beef . .	20 minutes to each lb.
Leg of mutton .	12     „     „

Leg of pork	.	12 minutes to each lb.
Turkey	. .	15 " "
Chicken	. .	about an hour
Rump-steak pudding		3½ to 4 hours

### To boil Meat when Broth and Meat are both to be served.

Put the beef or mutton on in cold water and let it heat slowly ; a scum will rise when it comes to boiling point ; remove this very carefully, then cover the pot, keep it at a gentle simmer, from time to time lift the cover and skim till no more scum rises. Take out the meat when cooked enough, let it dry, and keep warm before the fire, slice thin some stale bread, put it in a tureen and pour the broth over. Vegetables may be boiled with the meat.

### Broiling.

This is a very wholesome mode of cooking food ; it can be done over the fire and in front of the fire. Nothing is added to or taken away from meat or fish in the process, and with the addition of *maitre d'hôtel* butter a very appetising result is obtained. When broiling is done on the fire, a gridiron is used ; it must be heated before the chop or steak is put on it, and it must be close to the clear bright heat of the coals. The piece of meat must be turned with a pair of tongs (not a fork), so that no gravy may escape, and that neither side shall receive all the gravy.

If the broiling is done in front of the fire, as is

best for fish, it is simply placed on a tin which is placed close in front of the fire, and care must be taken in both modes of broiling that the meat or fish is not too thick for the process, and that the fire is not so fierce as to char or burn.

Fish must always be split open for broiling.

Gridirons are sometimes made double, the chop can be turned on the fire without its being touched, and in the fluted gridiron there is a trough which preserves the gravy.

### Paste and Pastry.

To make good pastry, delicacy of touch and manipulation, a light hand, a cool hand, good materials, a good oven, and in summer rough ice are required. The slab, the rollers, and all the implements must be faultlessly clean. The flour must be what is called Hungarian or American flour, the butter must have no buttermilk or salt in it. Butter intended for pastry should be washed, so as to extract the liquids and salt, and then wiped dry. The pastry board must be kept sweet and clean, and never be used for anything but pastry. For the finer kinds of pastry the flour should be dried and sifted. There are several kinds of paste, that used for raised pies, that used for lining little tin moulds, common meatpie paste, puff paste. The two first kinds are not intended to 'rise' or be elastic, the two latter are to be elastic; the paste used for raised pies is not eaten; it is made of flour, butter or lard;  $\frac{1}{4}$  lb. butter to 1 lb. of flour; a little salt and hot water, enough to melt the butter and work up the paste.

To model a raised pie requires the skill and taste of a potter, and no printed description will convey the necessary instruction ; if it is worth doing, it is worth paying for a couple of lessons.

The paste made for timbales is made with 1 lb. of flour,  $\frac{1}{2}$  lb. of butter, a little salt, the yolks of two eggs, and half a pint of water.

The flour is heaped on the slab, and then a hollow is made in the centre, into which are stirred the yolks of two eggs, a pinch of salt, a glass of water. The mixture is stirred and worked with the fingers in the first place : it must be firm and smooth, yet soft. The butter is to be gradually worked in ; during this process the fingers must be frequently dipped in dry flour. When the paste has been thoroughly mixed, it is made into a ball and wrapped in a cloth till it is wanted. It is then rolled out very thin, and the moulds are lined with it and filled with flour (to be taken out) and baked. The shape of the moulds varies with fashion and fancy ; lozenge-shaped moulds which form a star when placed together look well, and little troughs are also a neat form for filling.

The next kind of paste is made with  $\frac{3}{4}$  lb. of butter to 1 lb. of flour, and only one egg.

Proceed as in the foregoing recipe with half the butter, continue to work the paste and to incorporate the rest of the butter. Let it stand a few minutes, flour the slab, the rolling pin, and the paste, and proceed to roll out the paste till it nearly comes a yard by a foot in size, turn it and roll again, fold in three, roll out again, let it rest in a cold place for fifteen minutes, and repeat the rolling process twice.

In cutting paste the knife or cutters should be dipped into flour or cold water.

Puff paste is the most dainty paste made, and it alone can be used for vol-au-vents, patties, tartlets, and pastry 'fingers.' Puff pastry will rise, when properly made and baked, to eight times its size before baking; if you cut out a piece of this paste  $\frac{1}{2}$  an inch thick, it will rise to be four inches thick. The proportion of butter in this case will be 1 lb. to 1 lb. of flour, but only *one* egg is to be used. The butter must be washed and pressed so as to get rid of any butter-milk in it. The mode of making the puff paste is similar to the last recipe, but the *rest* should be in a dish covered by another dish, and some rough ice placed *under* and *over*. When ice cannot be had, the paste should be made in a cellar, or whatever may be the coolest place in the house. It must be baked as soon as it is ready, or failure will ensue.

All descriptions of making pastry fail to convey the exact method of manipulating the paste: it is one of the processes in which lessons are of most use. In the preceding observations the materials are given, and the increase in proportion of butter to flour must be carefully noted, according to the kind of paste required.

The way to make puff paste is as follows. Having made the flour, egg, and water into a ball of paste (which should be cool, light, and elastic), roll it out lengthways about  $\frac{1}{8}$  of an inch thick. Take the butter, previously washed and wrung in a cloth, in a firm flat pat, place it on the centre of the strip of paste, fold the two ends over it, and press the edges



together so that the butter is firmly enclosed. Place the paste on your board with the rough edges towards you, and begin rolling gently from the centre towards the edges, both from and towards you, taking care not to roll the butter out. Fold in three and roll again, then lay aside for fifteen minutes and repeat the folding, and rolling twice as previously described. The paste should be rolled altogether seven times. If it is properly made and really light, large air-bubbles will appear in the course of the rolling.

The oven for all pastry, especially puff pastry, requires to be very hot. It is as well to test it by putting in a small piece of paste first. If the oven is at the right heat, the door should not be opened to look at the pastry until it is time to take it out, as opening the door lowers the temperature and checks the rising of the pastry. It is therefore very convenient to have a piece of glass in the oven door, through which to see when the pastry is ready.

Pastry should not be placed too near the fire side of the oven, for in that case it will rise unevenly.

## CHAPTER XIII.

## SOUPS.

SOUP, though not yet considered in England, as it is on the Continent, a necessary introduction to dinner, is yet gaining popularity. The very rich and the very poor are supplied with it. So are the soldier and the sailor. A small piece of coarse meat will go a long way if made into soup. Or you may place in the stock-pot the most dainty parts of the most costly meats ; or of poultry or game.

The chief division of soups is into clear and thick soups. The excellence of the first is that the clearness be obtained without any sacrifice of flavour. If stock is cleared by white of egg, the flavour is sacrificed. The proper mode of making clear soup will be given in a subsequent recipe. Whether to order clear or thick soup is the first point : this must depend on the stock at your disposal, and if it appears a good clear soup is not obtainable, then order a thick soup—that is either a purée of poultry or game, or of vegetables, or of barley and rice, &c. ; or a soup in which eggs are beaten up, such as ‘ *Bonne Femme* ’ or ‘ *Jenny Lind* ’ soup. But it is important to bear in mind that all soups which have vegetables or cream in them will not keep in hot weather.

Bones contain from 39 to 49 per cent. of gelatine, an entirely tasteless substance. The proportion of bone to meat should not exceed a sixth part in weight. The soup meat and bone must be put on in cold water ; the bone must be broken. Perfectly clear soup should be made from meat, without any mixture of bone. All meat which has been cooked before being put into the stock-pot should be carefully wiped and dusted with a little flour and salt. All the scraps and trimmings of poultry ought to be put into the pot.

Soup must be sent to table very hot ; the tureen must be heated by a hot-water bath, and wiped dry before the soup is put in ; and there should always be soup tureens of a size suitable to a small as well as to a large number of guests, as, if a small quantity of soup is sent up in a huge vessel, it must be chilled before it is put into the soup plates. The ration of soup is  $\frac{1}{4}$  pint for each lady,  $\frac{1}{2}$  pint for each gentleman.

### Broth or Stock.

The first step in making soups is to prepare a good clear broth, or *stock*, as it is technically called. This can be made from beef, or mutton, or veal ; but it is desirable, if possible, to use two kinds of meat, and to add trimmings of chicken.

The meat must be newly killed, not merely fresh, or clear broth is not attained.

The proportion of meat to water is about one pound to one quart. Bones make stiff stock, as they are nearly half gelatine ; but they do not give

flavour. This is the case with the large bones of the ox ; knuckle of veal and scrag of mutton bones do not give the same coarse taste ; but the bone should never exceed a sixth part of the weight of the meat.

It will be observed that the broth now described is made from *undressed* meat—a practice sometimes called extravagant. It is, however, the only way to make clear, bright soup ; and if the trimmings from cutlets, fillets, and steaks, and the scrag end of necks of mutton are used, and a small quantity of gravy meat only is used, the cost is not large and the quality is high.

Besides the stock-pot in which fresh meat is used, there should be one in which the carcasses of roast chickens, or game, some bones to which meat adheres, the rind of bacon and any trimmings, are simmered in water, and an inferior kind of broth is made, which is quite good enough for purée soups.

The meat in the first stock-pot is also allowed to produce a second yield of broth, after the first has been strained off, by more water and simmering. Stock or soup must never be allowed to remain in any metal vessel : it must be transferred to an earthenware pan, and kept in that.

The stock-pot must be of copper, well tinned inside, and re-tinned about once a year. Large stock-pots have a tap, so that the broth can be drawn off.

If a copper stock-pot is not used, an earthenware jar in an iron saucepan is the substitute. Iron is a bad conductor of cooking heat for making broth ; and if soup is even warmed in an iron saucepan, it acquires

a disagreeable flavour. The time for simmering the stock-pot is about  $4\frac{1}{2}$  to 5 hours.

The surface of the broth must be cleared from scum as it rises up, and the vegetables must not be put in till the skimming is over.

These vegetables must include carrots, turnips (or kohlrabi), celery, onions, leeks, and fine herbs, tied in a little bundle. No vegetable must be allowed to give a dominant flavour. Salt and a pinch of sugar must be put in almost the last thing.

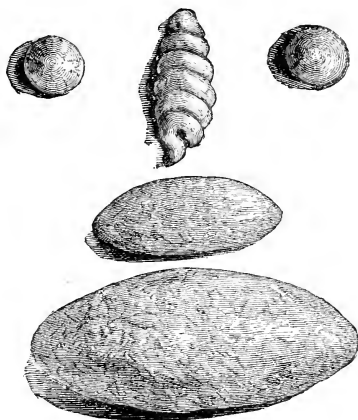
The stock-pot must always remain uncovered. This is a rule which should be impressed on the mind of the kitchen-maid. The cook knows too well how much trouble is caused her by such a rule not being observed, and that, take as much trouble as she may, the soup cannot be properly cleared after it has been made turbid by putting the cover on the stock-pot.

### Quenelles for Garnishing Soup.

The quenelles used for the floating garnish of soups may be made from game, poultry, or meat. They must be rather firmer and harder than those used as entrées, or they will fall to pieces in the soup. The shape of an almond or olive is that most suitable. About two or three quenelles should be allowed for each guest.

Another mode of making quenelles is to set a small lump of macédoine of vegetables in quenelle meat, and then to give this a coating of the quenelle meat so that the whole is about the size of a poached egg, the vegetables taking the place of the

yolk, and the quenelle meat of the white. A quenelle is placed in each soup plate, in the same way as a poached egg when that is the garnish of the soup.



QUENELLES FOR GARNISHING SOUP.

These quenelles are called *en surprise*, and may be used as an entrée.

### Consommé or Clear Soup.

The term 'consommé' implies a soup very highly flavoured with the juices of meat and poultry; not highly coloured or glutinous, but clear, bright, transparent. The broth has been strained through a tamis; has been allowed to cool; the fat has been carefully removed, and it then can, if thought proper, receive a further dose of fresh meat, and go through the simmering process, straining, cooling, &c.; or, if a delicate clear soup is desired, the only further point

is to consider what the 'floating' addition is to be—small quenelles, dice made of custard of two or three colours, nudeln or profiterolles ; these will be found in the subsequent recipes.

### To clear Soup.

Soup should not be cleared with white of egg, as it destroys the flavour, but with fresh meat, which improves it. Allow  $\frac{3}{4}$  lb. of fresh lean beef to two quarts of stock, and chop it up very fine, removing all skin and fat. Put it in a stewpan with the stock and some of the same kinds of vegetables which have been used to flavour the stock. Stir with a wooden spoon or whisk till the stock comes to the boil. Draw the stewpan to the side of the fire, and let it simmer—not boil—for about half an hour, and then strain twice through a fine cloth.

### Ordinary Soup.

The proportions are as follows :—

3 lbs. beef (of which  $\frac{1}{2}$  lb. may be bone) ;  
1 lb. veal and bone (as in knuckle or neck) ;  
4 quarts cold water.

Let it come slowly to the heat at which scum and bubbles form ; skim repeatedly, then add vegetables as follows :

Carrots ;	Celery ;
Turnips ;	Onions and leeks.

Do not cover the stock-pot.

Simmer for 5 hours ; strain through a hair-sieve.

**Consommé, or Extra-ordinary Soup.**

6 quarts water ;	2 turnips ;
4 lbs. lean beef (gravy beef) ;	2 onions ;
2 old hens ;	2 leeks ;
2 carrots ;	1 bunch fine herbs.

Let it simmer slowly for 8 hours, or till it is reduced to two quarts, observing the same rule as to skimming and straining ; and use for dainty appetites, with any of the garnishes for soups, such as quenelles, profiterolles, &c.

**Soup with Bread, or 'Potage croûtes au pot.'**

Cut slices of roll about the size of a crown piece ; fry in butter, a golden colour, drain, then moisten them with a little stock which has been boiled nearly to glaze. Let the crusts absorb this, and then begin to dry. Place them in the soup tureen, and pour over a good clear soup. It must be sent to table without delay, or the crusts would dissolve and break into bits when taken out.

**Julienne Soup.**

It is important to observe the relative proportion of vegetables for this soup :

$\frac{1}{4}$ lb. carrots	} cut in thin long slices, and throw in a basin of clear water as you cut them up ; then drain.
$\frac{1}{4}$ lb. turnips	
2 ozs. leeks	
2 ozs. onions	
$\frac{1}{2}$ oz. celery	



Fry in butter till a light brown ; drain from the butter and put in the stock ; let it nearly boil ; then simmer slowly for 2 hours in the requisite quantity of broth.

If in spring add asparagus tips ;

In summer, young peas ;

In autumn, French beans.

These to be cooked separately in weak stock or plain water, so as to retain their colour.

If no other green vegetable is at hand, cut lettuce leaves in strips ; these require only a few minutes cooking.

### Potage Brunoise.

Cut into little squares, of less than a quarter of an inch in size, the following vegetables :—

4 ozs. of the red part of carrots ;

4 „ turnips ;

4 „ leeks ;

4 „ the white part of celery ;

4 „ onions.

Blanch separately, drain, then put in a stewpan with 12 ounces of butter and let them fry till they assume a red hue, add then a pinch of powdered white sugar and 1 pint of broth ; let it simmer for half an hour, then pour in  $5\frac{1}{4}$  pints of broth ; let the whole simmer on the hot-plate for two hours ; skim and remove the grease. Have ready blanched 8 ounces of Italian paste, which must also be simmered till quite tender, and then drained dry. Put this in the soup tureen, and pour the brunoise over it.

### Lettuce Soup.

Chop up a soft green lettuce, and stew it with some butter, sugar, and a few drops of Tarragon vinegar (*really* a few drops ; not more than thirty). Keep stirring, and do not let it burn ; but do not mind that the lettuces lose their green colour. Add a teaspoonful of flour, with pepper and salt. Break an egg over it all, and pour on some weak broth. Serve with some dice of bread fresh cut into the tureen, and add a wine-glass of cream just before serving.

### Brunoise Soup, No. 2.

Lettuces cut into tiny ribbon-like pieces and stewed as above, form the principal charm of a soup that would otherwise only be distinguished from a Julienne by the fact that the vegetables are cut into small dice.

### Clear Lettuce Soup.

Clean and strain and trim the lettuce, which should be of the long narrow-leaved sort. Fold neatly in three, and tie ; stew with butter and sugar and meat broth in a wide shallow pan so that the little parcels, like folded gloves, do not touch each other. Untie and serve in the tureen, pouring over them a bright clear *consommé*. The French often serve these lettuces (as they do the poached eggs for a *consommé*) in a dish, and placing one in each soup plate, then add the ladleful of soup for each person. This prevents them from untwisting and becoming untidy.

### Russian Soup.

The common white cabbage is to be cut in shreds  $\frac{3}{4}$  of an inch long.

One onion (if possible, a Spanish onion), to be cut in shreds, and a few fine herbs.

Fry in butter, but do not brown ; drain, and add to the soup, with one tablespoonful of flour.

Have ready small balls of beef sausage, made thus :

2 ozs. beef chopped very small ;

2 ozs. suet                    „                    „

1 egg ;

Pepper and salt.

Fry ; and place in the soup with a squeeze of lemon, just before serving up.

### Mulligatawny Soup.

Have some good chicken and veal broth made ; boil two nice chickens therein ; when done take them out. Cut them up into neat pieces, take off the skin, and put the pieces between two plates covered over with a wet cloth ; then slice one large onion, fry it in some fresh butter until it attains the colour of gold, then mix in two small tablespoonsful of flour ; stir this for a few minutes on a slow fire, then add one tablespoonful of curry powder, and half a teaspoonful of curry paste ; stir all this together for one minute longer, then add about two quarts of the chicken and veal broth. Make it very smooth by stirring it over the fire until it boils, then let it boil gently on one

side for about half an hour, and skim all the butter off as it rises ; then rub it through a tamis cloth, put it in the soup pot, stir it over the fire until it boils, taste it, add salt if necessary, then add all the pieces of chicken and let it simmer gently for 10 minutes. Serve with a plate of rice. The rice should be well washed, then boiled quickly for 20 minutes in plenty of water, then thrown on to a sieve and put in front of the fire for two minutes, stirred up with a fork, and served very hot. Do not forget to put a pinch of salt to the rice while boiling. Rice should be washed in four separate waters. It must be put into boiling water. Some rice does not require as much as 20 minutes, and if boiled too long becomes pulpy and the grains stick together. When, by pressing a grain between your fingers, you can feel the heart, it is sufficiently boiled.

### Mulligatawny Soup, No. 2.

4 onions ;	$\frac{1}{4}$ pound ham ;
4 apples ;	4 cloves ;
1 carrot ;	1 blade of mace ;
2 turnips ;	A bunch of parsley ;
1 head of celery ;	Thyme.
Bay-leaves ;	

Cut all into slices, put them into a stewpan with  $\frac{1}{4}$  lb. butter, pass it 20 minutes over a fire ; then add a pint of broth, let it simmer about 20 minutes, then add 3 table-spoonsful of curry powder, 1 table-spoonful of curry paste, and 4 table-spoonsful of flour. Mix the whole well together with 6 quarts of broth ;

when boiling, skim it. Season with a teaspoonful of sugar and salt if required, pass it through a tamis, warm and serve with quenelles (small in the soup) ; serve with rice in a separate dish.

### A Fish Curry Soup for Six Persons.

Put the following ingredients into a saucepan :—

4 onions fried in salad oil a light brown, add six tomatoes cut into slices, a bunch of parsley, thyme, three bay leaves, winter savory, a wineglass of Chablis, pepper and salt ; add 4 tablespoonsful of Yeatman's curry powder, and 4 of flour mixed with cold veal stock, about one quart or three pints.

Let the whole boil together thirty minutes, then throw your fish in, cut in pieces or slices ; as soon as the fish is cooked take out the bunch of herbs, and serve some crusts of bread or toast in it.

The fish which can be used for this soup are

Turbot	Pike
Skate	Gurnard
Cod	Mullet
Sole	Conger eel
Brill	Mackerel
Salmon	Ling
Sturgeon	Hake
Dory	Haddock
Plaice	Cockles
Carp	Oysters
Thornback	Mussels.
Lobster	

**Hare Soup.**

(From 'Dainty Dishes,' by Lady H. St. Clair.)

1 hare—newly killed ;

1 carrot ;

1 root of celery ;

3 onions ;

1 oz. peppercorns—tied in a muslin bag ;

1 bunch of fine herbs ;

Salt to taste ;

1 tablespoonful of ground rice—to be added after the hare soup is strained.

Cut the hare in pieces, taking care to save the blood ; place the pieces in a large dish with the quantity of water, a quart to a pound of hare. Let it stand an hour. Add the blood, strain the liquid through a sieve into the stock-pot, add the hare, and put on fire. Stir till it boils, lest it curdle ; skim, then put in vegetables ; simmer for three hours ; pass through a hair sieve, add ground rice and simmer. The fillets of hare should be reserved, cut into dice, and served with the soup.

**Thick Hare Soup, No. 2.**

After opening the hare be careful to reserve the blood in a basin. Cut the meat into small pieces, and put it on to boil with three or four pints of water,  $\frac{1}{2}$  lb. of onions, 1 carrot, and 12 black peppercorns. Let it boil for four hours ; strain and add the blood, stirring it till it comes to boiling point. Let it remain on the fire for twenty minutes, adding a few leaves of celery to flavour, and potatoes if liked.

### Clear Grouse Soup.

Cut up two uncooked grouse or blackcock into small pieces, taking care to select old birds. Put the pieces into three pints of water, and let it simmer slowly for some hours. Add twelve black peppercorns and a shred onion and carrot. Strain before serving.

Take out the best bits of the breast before they have been stewed too long ; press between two plates till cold ; cut them to the shape of almonds, and use as the ' floating ' garnish of the soup.

Clear Hare Soup is made in a similar way. Venison Soup can be made like clear Hare Soup or like Thick Hare Soup. Bear in mind that all game used for soup must not only be free from taint, but be newly killed.

### Turtle Soup.

(From dried Turtle.)

The pieces of dried turtle require to be soaked in cold water for three days and three nights, the water being changed every morning. And as the turtle has to be cooked for twelve hours in the stock which forms the soup, four days are required to produce turtle soup. After the turtle has undergone soaking, it swells to three times its size when dry, it is then ready for putting into the stock.

One pound of turtle is used for every three quarts of soup.

The stock is made by laying slices of ham in the stock-pot, and then a knuckle of veal cut up, as in other soups ; cold water, a slow fire, and skimming.

The vegetables, put in at the usual stage, are to be green onions, bay leaves, a large bunch of fine herbs, and a handful of parsley. Pepper, salt in very moderate quantity (as else the long period during which the turtle cooks will make the soup too salt), and six cloves. When the stock is strained take out the onions, herbs, and parsley, and put them in a stew-pan with  $\frac{1}{4}$  lb. butter and a blade of mace ; when the butter is melted add a little sugar, simmer on the fire a short time and then rub through a tamis ; add these to the soup after the turtle has been simmered in it for nearly the twelve hours ; add also a glass of good Madeira and a squeeze of lemon, and a little thin white 'roux.' Turtle soup must not be much thickened, and must present a *greenish* colour, not a brown.

### Mock Turtle Soup.

Take a calf's head, with the skin on, and 4 pigs' feet ; wash and clean thoroughly ; reserve the brains and the tongue, with which a separate dish is made ; remove the palate. Put the head and feet in the stock-pot with a gallon of cold water, remove the scum as it rises, and add

A bunch of fine herbs ;	2 carrots ;
4 onions ;	2 sticks of celery,

as in other stock-pots. When the flesh will come off the bones, remove the best parts and press them till cold.

Take away the bones and replace the rest of the meat, and simmer for 3 hours. Strain, and when



cold skim off the fat. The next day cut the pressed meat into dice (and prepare egg balls, if desired), as the floating part of the soup. Flavour the soup with  $1\frac{1}{2}$  glass good sherry and the juice of a lemon. Simmer with the meat in for half an hour. If egg balls are added, do so only a minute before serving the soup.

### Ox-tail Soup.

1 ox-tail ;	3 onions ;
2 lbs. lean beef ;	Thyme ;
4 carrots ;	2 sticks of celery.

Cut the tail into several pieces, and fry brown in butter. Slice the onions and carrots ; and when you remove the ox-tail from the frying-pan, put in these and brown also. When done, tie them in a bag with a bunch of thyme, and drop into the soup-pot. Lay the pieces of ox-tail in the same ; then the meat cut into small slices. Grate over them the two whole carrots, and add four quarts of cold water, with pepper and salt. Boil from four to six hours, in proportion to the size of the tail. Strain fifteen minutes before serving it, and thicken with two tablespoonsful of browned flour. Boil ten minutes longer.

### Cockie-leekie Soup.

Skin a pheasant, and cut it up into small pieces to make a soup stock. Cut up eight white leeks, parboil them for ten minutes, pour off the water, and add the stock by degrees. Let it simmer for three hours, adding pepper and salt to taste. An allowance of two prunes to each guest should be dropped into

this soup a quarter of an hour before serving. The leeks are said to be much better after they have been just touched by frost.

This soup may be made of beef, but is best of fowl or pheasant.

### Green Pea Soup.

In order that this soup should be a good colour the peas must not be old, and there must be a supply of young spinach leaves to produce a really pure green.

In some gardens it is usual to sow cheap early sorts of peas, and to use the young growth when about eighteen inches high, for making pea-soup. The flavour is excellent, but gardeners of course consider it an extravagant arrangement.

Lettuce leaves are also used with pea soup, but there is risk of a slightly bitter flavour if the stems are not taken away.

The peas must be boiled till tender, then drained and passed through a hair sieve. The purée is mixed with a light-coloured broth, which must be flavoured strongly with onions, unless onions are boiled with the peas and passed through the sieve. The spinach leaves are to be bruised, and the green liquid mixed with cream (or milk), and after the purée and the broth are amalgamated to the thickness of cream and warmed, the spinach colouring is stirred in, and a pinch of powdered sugar must also be stirred in.

The soup can be served with croûtons handed round, or some very young peas can be boiled in water, *carefully drained*, and thrown into the soup

just before serving. Asparagus tips may be substituted for peas.

In the country the productiveness of the garden and the forethought of the gardener will regulate the question of how many delicate vegetables can be used. In towns it is a mere question of expense.

### Green Pea Soup, No. 2.

Take a quart of shelled peas or a peck of unshelled ; separate the old peas from the young, reserving the latter to be used whole in the soup ; boil, and drain, and dry. Put the large peas in a stewpan with some fat bacon (or some butter), a little parsley, and enough water to cover the whole ; let them simmer till quite tender ; rub through a sieve, or pound in a mortar ; dilute this pease-paste with veal broth, strongly flavoured with onion, or, if for a *maigre* soup, with milk ; put in some spinach leaves or expressed juice for the sake of the colour ; pass through a tamis ; put in the tender young peas ; let them just warm, and serve. If there are no young peas, serve croûtons cut very small.

### Winter Pea Soup.

Flavour, not colour, is the characteristic of winter pea soup, and dried or split peas require longer boiling before they can be rubbed through a sieve.

Haricot beans and lentils also make excellent winter soups. The processes are the same ; they all require onions and celery to be incorporated with the

purée, and they can be made with very weak stock, or even without any meat stock, by using milk and water to mix with the purée. Small dice of bacon which has been steamed or parboiled can be put in the soup and just warmed before serving. Croûtons and dried mint are handed round with the soup.

If the peas, haricots, or lentils are old, it is desirable to steep them in cold water twelve hours beforehand ; drain, and then boil for the purée.

Boiling a ham bone in the broth or water with which dried pea soup is made greatly improves the flavour. No salt is to be added in this case, but a little sugar instead.

### Soups with Italian Pastes.

Macaroni is to be broken into even lengths of  $\frac{1}{2}$  inch.

Vermicelli is to be broken into even lengths of 1 inch.

Italian paste letters may be used as a variety.

Allow a tablespoonful of vermicelli or macaroni to each guest : or, by weight,  $\frac{1}{2}$  oz. to each plate of soup. Blanch in hot water, and drain ; then simmer in the stock.

These pastes differ in the time they require to plim, and experience only can fix the time required for that purpose.

Rice and semolina may be used in the same way.

French or Groult's tapioca in pale delicate-flavoured stock, boiled so as to dissolve, gives a peculiarly nourishing soup, and is very wholesome and palatable.

### Bonne Femme and other Egg Soups.

When the broth is either poor in flavour of meat or not transparent, as happens in second boilings, very good soup can be made by adding yolks of eggs stirred up in milk and mixed carefully with the broth. Shreds of lettuce or of sorrel are added, or of asparagus tips or French beans.

The egg mixture should not be added till the soup is poured into the tureen; or, if added to the soup in the saucepan, it must be very carefully stirred and not allowed to boil, otherwise it will curdle.

### Jenny Lind Soup.

2 ozs. pearl sago ;	$\frac{1}{2}$ pint cream ;
$\frac{1}{2}$ pint water ;	4 yolks of eggs.
1 quart stock or veal broth ;	

The sago must be thoroughly washed and simmered in the water till it is transparent and tender. It is then to be mixed into the boiling stock, or broth, and the cream. Lastly, the yolks are to be stirred in. The best way to produce a smooth soup is to stir the eggs one by one into a teacupful of the broth, and then stir that into the soup.

The cream may be omitted. The stock may be made without vegetables, if for an invalid.

### Bisque, or Crayfish Soup.

Wash four dozen crayfish and put them in a stew-pan with sliced carrots and onions, pepper, salt, fine herbs, some stock, and a glass of sherry. Boil for ten minutes ; then take out the meat from the tails to be used as garnish in the bisque. Simmer in stock  $\frac{1}{4}$  lb. of rice ; put the crayfish, shells, and rice in a mortar, and pound the whole to a pulp ; add the liquid, &c., in which the crayfish were boiled, and pass through a tamis ; warm in the bain-marie, and add a little cream or butter to give smoothness. The meat from the tail is to be cut into pieces the size of a large pea, and just warmed in the soup. Croûtons of bread cut in dice are to be dried, or slightly browned in the oven, and handed with the bisque. This soup is too rich to admit of the croûtons being fried. The soup can be made with lobsters or prawns. The shell of the body alone must be pounded with the meat.

### Nudel Soup.

(German Recipe.)

Beat two eggs well, and make into a firm paste with flour ; knead it well, and divide it into two equal parts ; make of each a little loaf, and roll it out thin ; dry these, but do not let the paste harden ; roll it up and cut into small pieces about the size of a gooseberry (*nudeln*) ; scatter them separately into boiling salt and water, and boil quickly. Strain off the water, and boil them again in brown or white broth previously prepared ; season to taste, and serve after it has simmered for a quarter of an hour.

This soup is stronger if the *nudeln*, instead of being boiled in salt water, are put straight into the soup ; but then the soup is naturally not so clear.

### Queen's Soup.

Skin and clean out the inside of three fowls or chickens ; wash them in warm water ; stew for an hour with sufficient strong veal broth to cover the meat, and a bunch of parsley. Take out the fowls, and soak the crumb of a small loaf in the liquor ; cut the meat off ; take away the skin, and pound the flesh in a mortar, adding the soaked crumb and the yolks of five hard-boiled eggs ; rub this through a coarse sieve or tamis, and put into it a quart of cream that has been previously boiled.

### Purées.

As this expression is used in three senses, it is necessary to explain and define what is meant by each.

All purées are the result of boiling or stewing the fruit, vegetable, or cereal, in broth or water, and passing the mixture through a more or less fine sieve or tamis.

If the purée is to be served separately as a vegetable, not as a soup, it must be almost solid.

If it is to be used for soup, it is diluted with broth or stock, and other additions, till the mixture is of the consistency of thick cream.

Or if the purée is to be used as sauce, a different thickness or thinness is required ; not uniform, but

varying according to the materials. For instance, apple and tomato sauces are to be thicker than celery or chestnut sauces. Practice and discriminating taste must adjust rules and exceptions.

Purée soups should be of the consistency of cream, and perfectly smooth and free from lumps. The addition of cream gives greater smoothness to all purées, and is necessary when they are made without meat; but these soups will keep sweet for only twelve hours. The time for simmering and the quantity of water differ according as the vegetable is young and tender, or old and hard. Dried peas, &c., must be soaked beforehand. The simmering must produce a pulp which will pass through the tamis or wire sieve, and the broth must be added and stirred in to the requisite consistency. Beware of salt, as the simmering in this as in all cases where the liquid *reduces*, makes the stock or soup increasingly salt.

This class of soups may be made with

Carrots	Barley
Turnips	Rice
Jerusalem artichokes	Rice and tomatoes
Green peas	Chestnuts
Dried peas	Spinach
Haricot beans	Asparagus
Lentils	Pistachio nuts
Potatoes	Celery
A mixture of carrots, turnips, and potatoes.	

They all require onions and celery to give flavour. They must all be passed through a sieve, and the vegetables or cereals may be stewed in weak broth,



or in water with some butter if for *maigre* soups ; and with all of them it is usual to serve small dice of bread fried in butter.

### Purée of Tomato Soup.

Allow two tomatoes to each ration of soup ; simmer them in weak broth with a small quantity of rice till they are tender ; pass through a tamis.

If onions are liked, simmer one or two and pass through the tamis with the tomatoes. Season with salt and a little sugar. Dilute the purée with broth till it is about the thickness of 'double cream,' and warm for use. Serve with croûtons.

This soup does not require cream or milk in it, but, if it is made with water instead of broth, cream must be added. The same rule holds good for all purées.

### Purée of Turnip Soup.

Cut up the turnips into small pieces, pour cold water on them, and let them steep and strain.

Put them in a stewpan to stew with a piece of butter, and add pepper and salt. When they are soft pass them through the tamis. With a little spoonful of hot water or hot broth, wash out the pan in which they were cooked, and add all to the purée, with  $\frac{1}{4}$  lb. of potato flour, a little more salt, and the quantity of broth you require.

### Giblet Soup.

Scald two sets of goose, or four sets of duck's giblets, using them when the birds are killed, not saving to

use after the ducks or geese are roasted—in compliance with a rule that all meat used in and for soup must be quite fresh.

Divide the gizzards and necks into small pieces ; split and clean the head, and cut off the nose.

Put them in a stewpan, with enough cold water to cover them ; skim as the simmering goes on ; then put in a bundle of fine herbs, an onion, an extra sprig of parsley, and some black peppercorns in a muslin bag ; continue to simmer till the gizzards are tender—from 1 to 1½ hours.

If the giblet soup is to be clear, take out the pieces from the stewpan, and use them in a rich clear soup. If the giblet soup is to be thick, proceed as follows :—

Melt 1½ ozs. of butter, and stir in enough flour (dried previously) to make a paste ; dilute with the giblet broth, adding any weak broth that may be available ; simmer for ½ hour ; season with a squeeze of lemon juice, a glass of white wine, and a touch of cayenne ; put in the giblets to get hot, and serve.

Lemon and cayenne may be handed round, not put in, if preferred.

### Hotch Potch.

(‘Dainty Dishes,’ by Lady H. St. Clair.)

Neck, or breast, or two scrags of mutton, cut in small pieces, and the fat removed ;

2 quarts water ;

1 quart old peas ;

1 pint young peas, added later ;

6 carrots	}	cut into dice,
6 turnips		
3 sticks celery		
7 young onions		

and put in the stock-pot after the broth has boiled up and been skimmed.

Stew for 8 hours ; pick out the bones, and only serve the best bits of the meat.

(The next day pass all that remains of soup, meat, and vegetables through the tamis, and serve as *Purée à la St. Clair.*)

### **Milk of Almonds Soupe Maigre.**

Blanch 12 ozs. of rice and put in a bain-marie or milk saucepan with one quart of fresh milk, a pinch of salt and a pinch of sugar ; let it simmer for one hour. Blanch and skin  $\frac{1}{2}$  lb. of sweet almonds and about eight or ten bitter almonds, and pound them in a mortar, with just a spoonful or two of milk to prevent their turning to oil ; then dilute with enough milk to enable the mixture to pass through the tamis. Mix the almond milk with the rice milk, stir together and serve. Add sugar to taste, if sugar is liked. The rice milk must be hot enough to bear the cold almond milk, and the soup to be warm.

### **Soupe Maigre.**

To 2 quarts of water put a quart of dry peas, 2 large onions, one head of celery, a carrot, 2 turnips, a handful of spinach, and a sprig of mint. Stew all till quite soft ; strain and pass through a sieve. Put

the pulp and water back into the stewpan, with a lettuce sliced, a small piece of butter, and two or three lumps of sugar. Put it on a quick fire again for ten minutes or so. If a bad colour, add a little spinach juice.

Some small asparagus chopped is an improvement.

### Summer Soupe Maigre.

The hearts of 6 lettuces cut in pieces, 3 cucumbers pared and sliced, one pint of young peas (to be added later), 2 large onions, a little parsley chopped fine,  $\frac{1}{4}$  lb. of fresh butter, and two or three lumps of sugar. Stew all together an hour, stirring often. Have ready 2 quarts of peas boiled in a gallon of water. Put them through a hair sieve to the water in which they were boiled. Add to this the lettuces and cucumbers, and simmer  $1\frac{1}{2}$  hours. When done take out the onions. Dip in a sprig of mint before it is taken off the fire.

### Cheap Soupe Maigre.

2 quarts green peas ;	A bunch fine herbs ;
2 onions sliced ;	2 quarts hot water.

Stew for  $\frac{1}{2}$  an hour. Add mashed potatoes, or plimmed rice, and pass through a tamis. Season with pepper, salt and sugar (a tablespoonful) ; add a pint of new milk, stir till the mixture is smooth, and then warm. Serve croûtons of bread fried in butter.

A similar soup is made with roots, but as they require unequal time, observe the following rules :—

Carrots	.	.	.	.	2 hours
Celery	.	.	.	.	1 hour
Turnips	.	.	.	.	$\frac{1}{2}$ „
Shallots	.	.	.	.	$\frac{1}{4}$ „

### Lentil Soupe Maigre.

For four persons.

$1\frac{1}{4}$  lbs. lentils ; soak in cold water for 24 hours ; drain. Stew in a very small quantity of water ; skim. Pass through a tamis. Boil an onion in milk and pass through with the lentils. Make the purée the necessary thinness with milk, and stir in 2 ozs. butter ; salt and pepper to taste.

### White Soupe Maigre.

For four persons.

1 pint milk ;                      2 pints boiling water ;  
3 tablespoonsful flour.

A little vegetable flavour (onions or celery), pepper and salt ; let the flour just cook in the milk.

Stir in the yolks of two eggs, and do not let them *turn* the soup.

Asparagus points, carrots cut in dice, or young peas, parboiled and then warmed in butter, may be thrown in.

Fried bread (in little squares) is to be sent up on a napkin, and handed round with this soup.

### Pearl Barley Soupe Maigre.

For four persons.

Take  $\frac{1}{4}$  lb. of pearl barley ; boil it for 5 hours in 2 quarts of water, which must reduce to 1 quart. Pass through a tamis ; season with salt and pepper, and stir in  $1\frac{1}{2}$  ozs. of fresh butter, or, if preferred, some cream, or a gill of milk into which the yolk of one egg has been stirred.

A variety can be made by putting in some chopped parsley, or a few young peas (boiled), so as to have the contrast of green with the white purée.

### Purée of Game, Chicken, or Rabbit Soup.

The remains of roast grouse, partridge, &c., should be carefully saved to make purée of game soup. Any part which is high must be removed before the carcasses, breasts, &c., are put away in the cold-meat larder. The meat is to be carefully scraped away from the bones, pounded in a mortar, diluted with stock, and passed through a tamis. This purée is to be mixed with well-seasoned stock ; the soup ought to be the consistence of double cream. If the game purée is not quite enough, a small amount of rice stewed in broth may be passed through the tamis with the game.

### Mutton Broth.

Take the scrag end of one or two necks of mutton ; reserve the ' best end ' for cutlets, or for roasting, but use for the broth the scrag when newly killed and the

juices not dried up ; and hang the best end till it is tender.

Cut the scrag into small junks. Allow a pint of water to a pound of scrag ; put on in cold water ; when it boils, skim, and remove to side of fire, and let it simmer, and continue to skim. Have ready cut up carrots, turnips, onions, leeks or chibbals, celery, and well-washed rice ; when the broth is clear of scum and fat, put in the vegetables and rice and salt. Simmer till all are done ; take out the rough bits of bone, &c., but send up the meat in the broth ; and sprinkle in chopped parsley two minutes before serving. Not less than four hours are required for the whole process. Barley can be used instead of rice ; barley requires a long time to plim in water before it is put in the broth, and a long time to simmer in the broth ; a rather large quantity of water may be used.

As in the case of hotch potch, the remains of this soup may be passed through a tamis, and served as a purée soup next day.

### Scotch Broth.

Take the scrag end of a neck of mutton. Trim off all superfluous fat. Put the meat into a saucepan with one pint of water to every pound of meat, and allow one pint of water for boiling over. Add a teaspoonful of salt, and  $1\frac{1}{2}$  ozs. of pearl barley, for every quart of water. Bring it to the boil and remove the scum as it rises. Then add a cabbage, well washed, and cut into small pieces, and 2 carrots, scraped and cut into dice, and 1 leek. Let the broth boil up, and

then simmer gently for  $1\frac{1}{2}$  hours. Add a turnip, washed, scraped, and cut into dice. Simmer for another half hour. The broth will then be ready. Take out the meat and bones ; pour the broth into a tureen, and add a teaspoonful of fine fresh chopped parsley. Some persons prefer the meat left in the broth ; in which case it should be taken off the bones, and cut into neat pieces. If the soup is to be extra good, the best end of the neck of mutton may be boiled in it, and either cut into small cutlets and left in the broth, or served as a separate dish. A neck of veal or of venison may be used instead of a neck of mutton.

### Cheap Soup.

- 2 ozs. dripping ;
- $\frac{1}{2}$  lb. solid uncooked meat cut in dice,  
one inch square ;
- $\frac{1}{4}$  lb. onions ;
- $\frac{1}{4}$  lb. turnips ;
- 2 ozs. leeks ;
- 3 ozs. celery ;
- $\frac{1}{2}$  lb. rice, or pearl barley ;
- 2 ozs. salt ;
- $\frac{1}{4}$  oz. brown sugar ;
- 6 quarts water.

Put in a stewpan the dripping, meat, onions sliced, and sugar ; stir till fried a light brown. Then add turnips, celery, leeks ; stir for ten minutes ; add 1 quart cold water and the rice, and let it heat. To this put 5 quarts hot water ; stir, and simmer for 3 hours.



## CHAPTER XIV.

## FISH.

MUCH choice cannot be exercised in the selection of fish. The fishmonger sends fish according to the season and the supply for the number of persons required ; and it is in the dressing and sauce that the cook's discernment can be shown. The appropriate sauces are given with the recipes for cooking fish.

When the supply of fish is derived from the fishmonger, it is sent cleaned and ready for cooking ; but if brought fresh from the sea, lake, or river, it has to be carefully cleaned and washed. There should be a pair of sharp-pointed scissors and a knife kept for the purpose. The scales must be scraped off (fish can be more easily scaled if dipped for a minute into boiling water) ; an opening made at the side, beginning from near the head ; the entrails must be taken out (but not the roe, either soft or hard), and all blood, &c., be carefully washed out. The fish must be washed thoroughly, and then dried with a coarse cloth.

Salmon, turbot, and cod are best boiled ; the important point in boiling is that they should be made firm, not pulpy, by the process. The water must be

strongly impregnated with salt, from 4 ozs. to 8 ozs. (in the case of salmon), and  $\frac{1}{4}$  oz. saltpetre to a gallon of water added, and must boil when the fish is put in.

It is not desirable to cook a large salmon or cod whole, the thickest parts requiring a longer time than the tail. Slices of cod and slices of salmon are therefore to be preferred. In the case of turbot the difference of thickness is not so great, and turbot may be boiled whole ; but an incision is to be made along the backbone on the dark side.

Small pieces of large fish, or small fish, lose so much of their flavour if boiled, that it is far better to wrap them in buttered paper and cook them in the oven. Care must be taken not to overcook them, and sauce of a piquant character must be selected to serve separately.

Fillets of fish make very good dishes, either fried in breadcrumbs and eggs, or in batter, or baked and served with sauce over them, arranged like cutlets.

The cold scraps of fish are to be kept, making good breakfast dishes, such as kedgeree or fish cakes.

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### Home-made Isinglass.

The bones of turbot and of all fish that are boiled should be taken care of, and boiled down for aspic jelly. The process consists in boiling down the bones, straining the liquid, testing a small quantity to ascertain if it is stiff enough, and simmering till the jelly formed will bear the addition of a little wine or vinegar, and be a jelly when cold.

### To boil Salmon.

To every 3 lbs. of salmon put 1 lb. of salt and sufficient water to cover the fish with saltpetre in the proportion of  $\frac{1}{4}$  oz. to a gallon of water. Let the salt and water be thoroughly boiling, and skim it before putting in the fish. Boil quickly, allowing ten minutes to the pound, and serve immediately.

Slices of salmon should be cut an inch thick.

The appropriate sauces are mayonnaise, tartar, or a little of the water in which it has been boiled.

### Salmon Curry.

Take a large onion ; cut it into small slices, and fry to a light brown in an ounce of butter ; put it into three-quarters of a pint of strong stock, with a table-spoonful of curry powder, a teaspoonful of anchovy sauce, the juice of half a lemon, cayenne, and salt to taste ; simmer all gently till the onion is tender, stirring it occasionally ; cut the remains of any boiled salmon into small square pieces ; carefully take away all skin and bone ; lay it in the stewpan, and let it gradually heat through, but do not let it boil long.

Fresh salmon cut in slices may be curried in the same manner, but must be allowed to cook a much longer time.

### Salmon Steaks.

Dry well with a cloth, dredge with flour, and lay them upon a well-buttered gridiron over clear hot coals. Turn with a broad-bladed knife slipped be-

neath, and a flat wire egg-beater above, lest the steak should break. When done to a light brown, lay in a hot dish, butter each steak, seasoning with salt and pepper, cover closely, and serve.

### **Tinned Salmon.**

This is a very useful article to keep in the store room. The best modes of using preserved salmon are fish cakes, a curry, or a mayonnaise. The oil which sometimes exudes from salmon must be allowed to drain away before using.

In making the fish cakes allow equal weights of mashed potato and salmon.

### **Norwegian Lax (Salmon).**

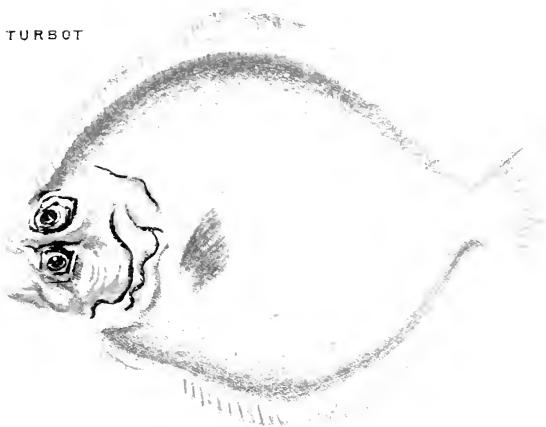
This preparation of salmon is eaten without any cooking process. The tin is placed on a dish in which a napkin has been folded, and handed round with slices of dry toast and butter.

The lax keeps good for about three days after the tin is opened.

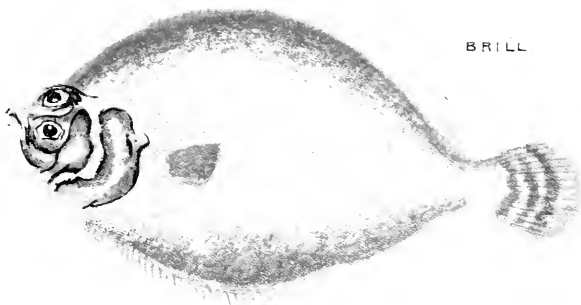
### **Turbot and Brill.**

After cleaning and washing the fish, let it disgorge in cold water for an hour, or less if it is quite white in a shorter time. Let it drain ; then make on the grey side an incision about an inch in length right in the middle, near the head ; tie it up, head to tail ; rub with a lemon, and place on the frame which fits into the turbot kettle ; cover with cold water in which salt and saltpetre have been dissolved ; place on the stove, and when near boiling, skim. Let it continue to

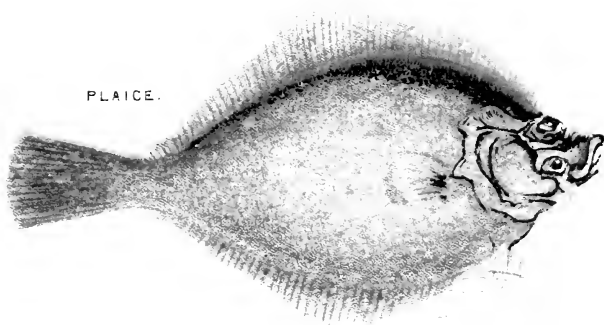
TURBOT



BRILL

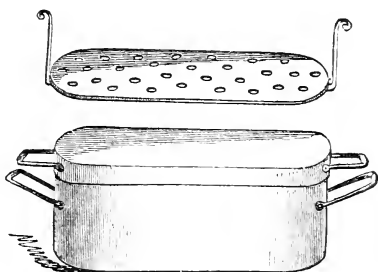


PLAICE.





bubble, but not boil. Three-quarters of an hour is about the time for a turbot of 10 or 12 lbs.—rather



COPPER FISH-KETTLE.

more if *thick*. When cooked enough, if you prick it with a twine needle, the liquid that comes out will be white like milk.

1 gallon water ;

4 ozs. salt ;

$\frac{1}{4}$  oz. saltpetre.

The appropriate sauce is Dutch sauce.

### **Turbot au Gratin.**

This is prepared from turbot (or any white sea-fish) which has been already boiled. The remains must be separated into flakes with a spoon, not cut. A cream sauce must be ready, and a little grated Parmesan cheese and a squeeze of lemon is to be stirred in. Mix this with the flakes of fish, place in a shallow fireproof china dish, cover with breadcrumbs which have been steeped in butter and browned, place in the oven for twenty minutes, and send to table in

the same dish. If the top is not brown, use a salamander to give it the proper tint.

### Brill à la Ravigotte.

Take a small brill, and score it down the back ; season with salt and pepper, and either grill it over a slow fire, or wrap in buttered paper and bake in the oven ; prepare a mayonnaise sauce with the following additions—tarragon, chervil, capers, mustard, cayenne, and a little spinach green ; mix the sauce thoroughly, and serve in a tureen.

### Dory.

The John Dory or Poisson de St. Pierre is a very ugly fish, but is highly esteemed from the firmness of its flesh ; those which are thickest across the shoulders are the best.<sup>1</sup>

Have ready a fish-kettle of spring water boiling, throw in a handful of salt, put the fish on the drainer and boil for 20 minutes—of course a small dory requires a shorter time—lift the drainer out and take care in transferring the fish to the dish, on which a napkin has been placed over the earthenware drainer.

Serve Dutch sauce in a sauce-boat, or brown caper sauce, according to taste and to the other sauces of the dinner that day.

### Skate.

Skate is boiled in the same way as turbot ; the appropriate sauce is black butter.

<sup>1</sup> Mr. F. Buckland says dorys are better for being kept one or two days.



### Gurnard.

Gurnard, a heavy-headed fish, is not on that account despicable ; the flesh is firm and the flavour good. It is best stuffed with a bread-and-herbs stuffing, and baked.

Any of the usual sauces for fish, or a tomato sauce, may be sent up in a sauce-boat.

### Cod.

In boiling cod, a smaller quantity of salt is used than in boiling salmon ; 1 oz. salt to a quart of water is the proportion.

Place the cod on the fish-strainer in the fish-kettle, cover with cold water (salted as above), let it come almost to the boil, then simmer slowly for five minutes ; skim. Test by touching the fish with the handle of the spoon to ascertain if it will flake from the bone. Take care it is not sodden or overcooked ; lift the fish-strainer, and let all the water run off before dishing the fish on a napkin.

### Sliced Cod.

Cod, if intended for only three or four persons, should not be boiled. The slices should either be wrapped in buttered paper, and baked in the oven for about half an hour, or powdered with breadcrumbs and broiled. Oyster sauce, egg sauce, brown caper sauce, or anchovy sauce may be sent up ; oyster sauce of course being recognised as the most appropriate of these sauces for cod in any form.

### Red Mullet.

If you get red mullet fresh from the sea, dress them as is done with woodcock retaining the *trail*; but inland this is not a safe proceeding.

They can be wrapped in buttered paper, baked in the oven and sent up in the buttered paper; about  $\frac{1}{2}$  an hour is the time in a fairly heated oven. Or broiled; or fried; the appropriate sauce is Italian sauce:—

Chopped shallot or onion;

Chopped mushroom;

Chopped fine herbs;

Mixed in brown sauce, and diluted with a glass of Chablis wine.

### Red Mullet en papillottes.

When this fish is fresh from the sea, and can be dressed with the 'trail' in, cook it as follows:—

Take out the gills, and that part of the trail which is connected with them, but do not open the fish.

Prepare as many pieces of strong white paper as there are mullets, long and wide enough to wrap round and fold over the fish. Place on a baking-tin in a moderately hot oven, and bake. Heat a skewer, and mark the paper transversely, to give it the look of being broiled on a gridiron. Serve with Italian sauce.

### Broiled Mackerel (*Fresh*).

Clean the mackerel, wash, and wipe dry. Split it open, so that when laid flat the backbone will be in

the middle. Sprinkle lightly with salt, and lay on a buttered gridiron over a clear fire, with the inside downward, until it begins to brown; then turn the other. When quite done, lay on a hot dish and butter it plentifully. Turn another hot dish over the lower one, and let it stand two or three minutes before sending to table.

### Mackerel à la Maître d'Hôtel.

Split the mackerel all the way down, season it with pepper and salt, put it in a dish in the oven, with just enough butter to prevent it drying up. Put it on another dish, and lay two or three bits of *maître d'hôtel* butter on it. Serve very hot.

### Fried Sole.

The principles of frying soles, whittings, and other fish are the same.

The fish must be perfectly clean, and perfectly fresh. If the latter point is in the slightest degree doubtful, do not attempt to fry it whole, but remove the fillets from the bone, and cut off the parts near the head and at the edges, and wash with vinegar and water.

After the sole has been cleaned it must be thoroughly dried, and just dredged with flour, which completes the drying. Have ready plenty of sifted breadcrumbs, and enough yolk of egg well beaten to coat the fish all over: this is done with a brush. Then let every part be covered with breadcrumbs. Take care that the lard is hot enough—that is, quite boiling—

or the fish will be limp ; and that it is not discoloured. Let the fish be of a golden brown ; place it when fried on a paper before the fire to evaporate the grease. Serve on a napkin, garnish with fried parsley, and send up lemon as the adjunct or sauce.

### **Sole à l'Aurore.**

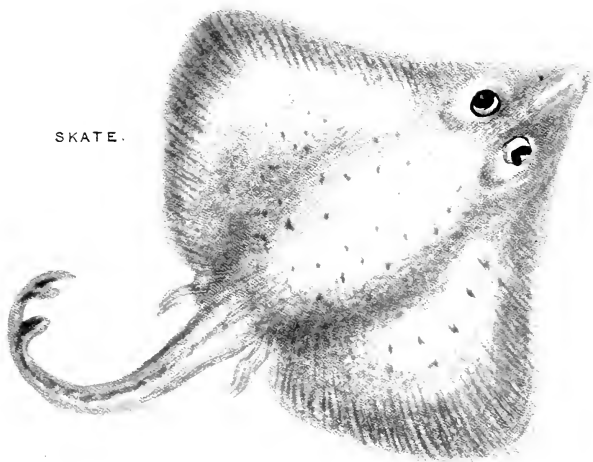
Butter a tin dish and lay the sole on it with a buttered paper over ; put it in the oven for ten minutes ; take it out and carefully remove the centre bone, strew a little chopped onion and parsley, and replace the upper fillets ; pour over a white sauce, return to the oven. Have some hard-boiled eggs ; garnish the side with the white cut in shapes, and sprinkle the top with the yolk made into crumbs by passing through a coarse sieve ; let it get quite hot in the oven.

### **Sole au Gratin.**

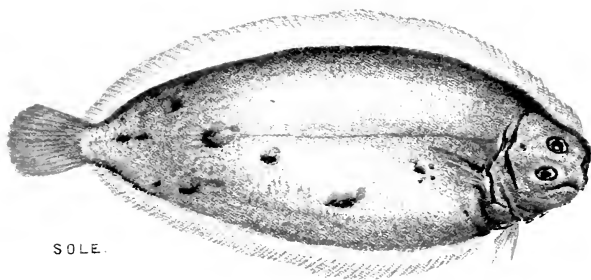
You must have a shallow tinned dish the size of your sole—or a fireproof china dish of the shape of a sole—in which the sole is to be cooked and sent to table ; there being another dish on which the first is placed.

The sole must be tolerably thick ; the fins and tail and head are trimmed off, and an incision made down the back. Place it in the dish with butter, salt and pepper, and 2 tablespoonsful of Chablis, some chopped parsley, fine herbs, shallot, and button mushrooms (if available, but they are not essential). Put it in the oven ; when one side is done take the dish out,

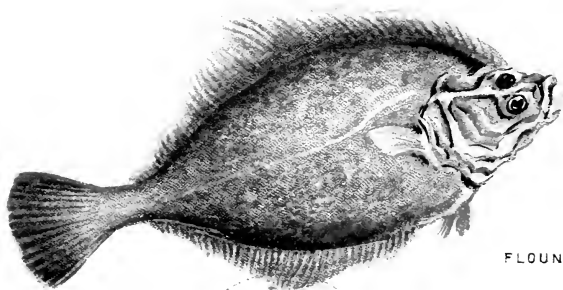
SKATE.



SOLE.



FLOUNDER.





turn the fish on its other side ; add either some brown sauce (*espagnole*), or some little dabs of butter and flour ; sprinkle with breadcrumbs which have been browned, and finish in the oven. If the sole does not look a rich brown, use the salamander ; and send it up with the sauce &c. round it, glutinous not watery.

### Sole à la Trouville.

Remove the dark skin from a pair of soles ; cut each sole into three pieces. Line a 'gratin' dish with butter and breadcrumbs and onions chopped very fine, put the dish in the oven to brown, and pour in a wine-glass of cider, and let it boil ; then range the pieces of sole on the dish, and return to the oven. After it has cooked for a few minutes, cover it with butter worked up with flour and chopped parsley, and finish the cooking. Send up in the dish in which the fish is cooked.

The same dish may be made with fillets of sole instead of whole soles.

### Sole à la Normande.

Select a fine thick sole ; take off the skin ; butter a stewpan large enough to hold it flat, and put the sole in it, with some bits of butter on the fish, a dozen oysters, a dozen mussels, which have been blanched in boiling water, a chopped-up onion, a sprig of thyme, and one or two of parsley, a little of that form of truffle called 'Pelures de truffes,' some white pepper and some salt, and a glass of equal quantities of

Chablis and broth. Cover the stewpan, and let it cook till three-parts done.

Take it off the fire, and carefully remove the sole to a china or silver dish which will bear baking.

Meanwhile there must have been prepared a rich sauce by mixing scraps of veal and bacon with a little flour and butter in a stewpan, then broth and vegetable flavours. Let it cook on the fire, but not become brown. Strain the sauce twice, adding the sauce in which the sole was stewed ; but do not obtain a watery sauce. Stir in the yolks of two eggs ; pour this sauce over the sole ; garnish it with the oysters and other accessories, and with some sippets of bread which have been browned in the stewpan. Add button mushrooms, which must be *sauté* first. Cover the dish when it has been thus daintily arranged, and let it finish cooking in the oven. Any fish with firm flesh may be dressed in the same way. If this dish is to be eaten on a *maigre* day, make the broth with fish bones, and add a little cream as no meat stock is used.

### Fillets of Sole au Gratin.

Put the following ingredients in a dish which will bear oven-heat : chopped onions, mushrooms and herbs, with enough butter to prevent their adhering. Arrange the fillets neatly on the dish ; mix equal quantities of brown sauce and Chablis wine, and pour round the fillets ; if you have more of this mixture than is required, reserve for subsequent use. Sprinkle breadcrumbs and fine herbs mixed over the fillets ; and over the breadcrumbs pour a little



butter just dissolved. During the time the dish is in the oven, it must be watched to see that no part dries up, the reserve of sauce or of dissolved butter being used to baste the fillets: do not attempt to save trouble by placing all the sauce and all the butter in the dish at once. 15 to 20 minutes according to thickness of fillets; the oven must be of moderate heat.

### Fillets of Sole à la Orly.

Prepare your fillets by steeping them for an hour in lemon-juice, pepper, salt, parsley, and slices of onion; drain and dry the fillets.

Fry in batter, or in a thick coat of flour; serve on a napkin, and prepare a purée of tomato sauce to hand round with the fillets.

### Bream Grilled.

Take a sharp knife and score the bream down the back; rub in a little pepper and salt; butter a gridiron, and grill the fish at a moderate temperature, or wrap it in buttered paper and bake it in the oven. Serve with brown caper sauce.

### Whiting Quenelles.

Take 1 lb. fillet of whiting and rub it through a tamis; add  $\frac{1}{2}$  lb. butter,  $\frac{1}{4}$  lb. panada; season with pepper and salt; beat up two eggs and mix in, and also some fish broth which you have previously made with the bones of the whiting. Work up the whole till it is perfectly smooth; if necessary, pass through

the tamis. Make into quenelles with two table-spoons, poach in fish broth, and serve with a sauce made of purée of prawns. If the coral of lobster can be obtained, the sauce should be coloured with that.

### **Fillets of Whiting à la Orly.**

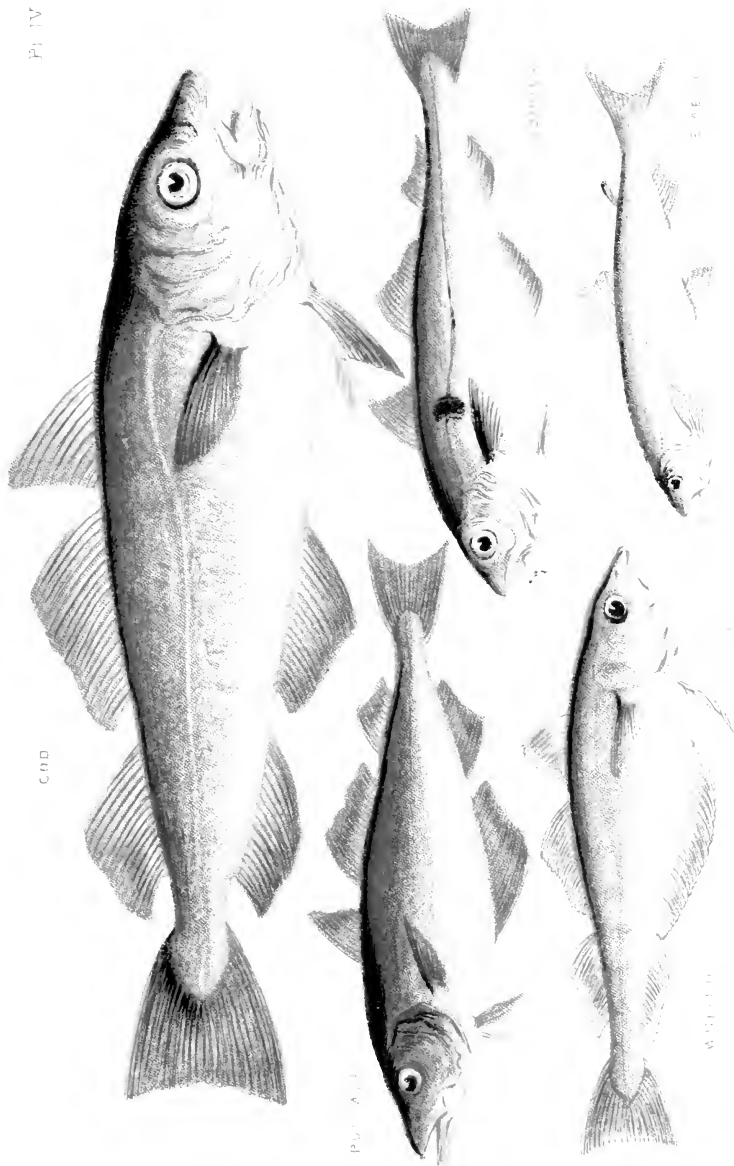
Take fillets of whiting, and, if the fillets are large, divide them into two ; season them with pepper, salt, and lemon-juice ; coat them with flour, and fry them over a brisk fire. Arrange them neatly on a napkin with fried parsley, and send up tomato sauce in a sauce-boat.

### **Salt Fish à la Lyonnaise.**

Soak the salt fish for two or three days, changing the water ; parboil it, dip it into cold water and let it drain upon a sieve ; meanwhile slice up some onions, and fry them in butter till they begin to turn yellow ; remove the bones from the fish ; season with pepper, mustard, and a dash of vinegar ; mix it in with the fried onions, and let it finish cooking ; serve very hot.

### **Salt Fish à la Bonne Femme.**

Wash and peel a dozen potatoes, and trim as many onions ; cut into largish pieces as much salt fish as will serve for six persons ; lay the potatoes at the bottom of the stewpan, next the onions, next again the salt fish, which has previously been well washed in tepid water. Put in enough water to cover the whole, and simmer till the fish is cooked ; take that out ; let the onions and potatoes complete their cook-





ing ; trim the pieces of salt fish and remove the bones. Take another stewpan, and dissolve in it  $\frac{1}{2}$  lb. of butter and 1 oz. of flour stirred into milk ; let the sauce simmer for ten minutes, then put in the potatoes, onions, fish, in order as before ; let it simmer another ten minutes, and serve.—*Gogue*.

### Whitebait.

Whitebait must be perfectly fresh when sent from the fishmonger, and they must be kept in iced water or salted water till they are to be cooked. Flour a cloth ; lift the whitebait out with a skimmer, and place them on it ; dredge flour, and toss the fish in the cloth, but do not touch. Throw them on to a sieve, and shake it. Each fish must have a coating of flour ; but they must not cling together. The frying-pan must have plenty of boiling lard ; the whitebait must only be in it for two minutes. Lift them with the skimmer, letting the fat drain off. Dish on a fish-strainer (silver is best), and serve hot.

Slices of brown bread and butter, sections of lemon, and a cayenne pepper bottle are arranged on a dish and handed round.

### Gudgeons.

Choose them small, if you can choose ; dip them in milk, sprinkling a little salt and pepper on them ; coat them with flour, and fry in boiling lard ; dish them up in a heap on a napkin or silver drainer ; surround with fried parsley, and serve with bread and butter and sections of lemon.

### Shad (or 'Alose').

This is a sea fish which goes into fresh water, and is in best condition when taken in a river.

It is very good wrapped in buttered paper and baked, *maître d'hôtel* butter being laid on it when the paper is taken off, and sorrel sauce served separately.

If a large fish, it can be roasted, or boiled in salted water ; or fillets may be cut, *sauté* in butter, arranged on a dish in the usual way, with sauces as above.

### Shad with Sorrel.

Score the fish in thwart lines the whole length; sprinkle with pepper and salt, and grill on the grid-iron ; when done on one side, carefully turn on the other. Put a little butter from time to time ; serve a thick *purée* of sorrel in a sauce-boat.

### Carp.

If it is possible to pour a glass of vinegar into the mouth of this fish as soon as caught, the taste of mud passes off through its skin, and the flesh is rendered firm.

If this is not done, it must after cleaning be allowed to disgorge in salt, vinegar, and water.

It may be split up and fried in a coating of flour ; or grilled with *maître d'hôtel* butter ; or stewed in a rich sauce *à l'Italienne*.

The hard and soft roe can be taken out and mixed with the sauce, or served on *croûtons* as garnish.

### Baked Carp.

Clean your fish thoroughly ; stuff it with savoury force-meat, and sew it up to prevent the stuffing falling out. Brush it over with egg, and sprinkle with bread-crumbs, and drop a little melted butter over them. Lay it in a deep earthen dish ; take  $\frac{1}{2}$  pint of stock, a couple of sliced onions, some sweet herbs,  $\frac{1}{2}$  pint of claret or other French wine, with a teaspoonful of anchovy sauce. Put this with the fish, and bake for one hour. Strain the liquor from the fish, and thicken it with flour rolled in butter ; stir it frequently while boiling, and when done, add the juice of a lemon, half a teaspoonful of sugar, pepper and salt to taste. Serve the fish with the sauce round it, or separately in a butter-boat.

### Herring.

Scale and clean the herring. Put them on the gridiron, which must be already heated, and broil.

Prepare a sauce made with butter, flour, mustard flour, a pinch of salt, and a little broth ; just warm on the fire, stirring so that it is smooth. Serve in a sauce-boat, and take care that the herring are not allowed to get cold before they go to table.

Herring may be fried in breadcrumbs and eggs, or they may be boiled.

Tartar sauce or mayonnaise sauce may take the place of mustard sauce.

In Scotland it is not usual to serve sauce, but cold butter is handed round in its stead.

### Herring Balls.

Partly broil three bloaters or red herrings ; remove the skin ; take all the meat from the bone ; add an equal quantity of mashed potato made from baked potatoes—that is, potatoes baked in their skins ; mix with cream or butter ; form into balls, egg and bread-crumbs, and fry a golden brown.

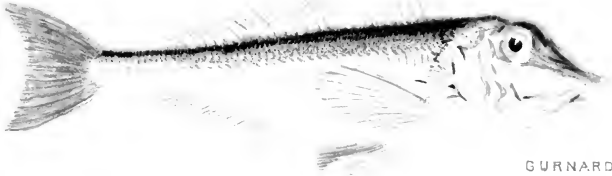
### Pilchards.

Pilchards are to be dressed like herring. There is so great a resemblance between the two fish that it may be useful to give the following test used by fishermen to distinguish between herring and pilchard on a dark night, which is to hold up the fish by the middle fin of the back. If it be a herring it balances, if a pilchard it goes down by the head.

### Water Souché

Small fish, tench, perch, flounders, or slips are generally used for this dish. Make a fish stock by boiling a portion of the fish in water with peppercorns, carrots cut in strips, and some parsley. Strain this, and then simmer in it the rest of the fish, with a few slender strips of carrot and turnip ; when nearly done add a few sprigs of parsley. The souché is to be served in a deep dish, as it partakes of the nature of soup. All the stock in which it is boiled is to be poured over it. There must be enough for each guest to have four tablespoons with the helping of fish.

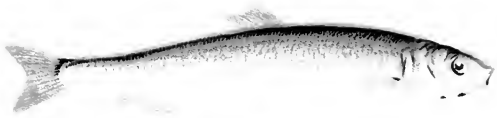




GURNARD



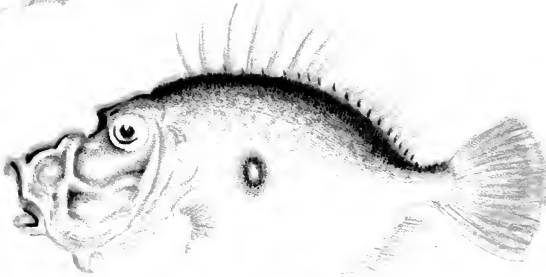
HERRING.



SPRAT



WHITEBAIT.



JOHN DORY.





Slices of brown bread and butter are to be handed round.

### Stuffed Haddock.

Take a good-sized fresh haddock. Make a stuffing of lemon-peel, thyme, parsley, a little butter, bread-crumbs, pepper, and salt. Stuff the haddock with this, and bake it for three-quarters of an hour ; while baking pour over it some meat gravy. Do not put too much stuffing for the size of the fish.

### Eels.

The eel is a very nutritious fish, and we have the high authority of the late Sir Henry Holland for saying that when properly cooked it is a very wholesome fish.

Eels are always to be skinned, the head is to be cut off and thrown away. The eel, or the pieces of eel, are to be washed, dried, and then steeped for a short time in water with a little vinegar.

### Fried Eel.

Skin and clean the eel, cut into pieces of two or three inches in length. Let them disgorge in water, then dry thoroughly. Braise in Chablis and water with carrots, onions, a bay leaf, fine herbs and seasoning.

When the eel is tender, take it out and let it drain. Strain the sauce in which it has cooked, and stir in some flour and butter, roll the pieces of eel in

this mixture, and let them get cold ; if the mixture is too thin, add an egg before taking it from the fire.

Fry the pieces of eel in breadcrumbs and egg, and dish up on a napkin ; serve a tartar sauce, separately.

### Stewed Eel.

Proceed as in fried eel, but when the eel has been stewed long enough, take the pieces cut, and keep them warm whilst the sauce is 'reduced.' A little wine must be added, and if the flavour of onions is liked, some small onions may be stewed with the eel.

All the grease must be carefully removed from the sauce.

### Collared Eel.

Stew the eel till it is tender enough to enable you to take out the backbone, roll it up, and bind with tape, finish stewing in the same liquid, put it between two dishes with a weight on them. When cold remove the tape, boil down the liquid to make aspic jelly for a garnish, and send up a tartar sauce in a tureen.

### Eel à la Poulette.

Skin and clean the eel ; get rid of the head and tail ; cut into slices or joints of equal length and thickness ; wash them thoroughly, and remove any blood there may be at the joints of the spine. Put the eel and some button mushrooms into a stewpan in which some butter has been allowed to melt ; let it begin to fry, then dredge in a little flour (which has

been browned or dried) ; mix some broth and Chablis wine together, and stir in till it boils, then season with pepper and salt, fine herbs, and either small onions or Portugal onion cut small. Let the whole stew till the eel is tender ; skim off the floating grease, and take the stew off the fire for a short time. At the last moment introduce the yolk of two or three eggs and a squeeze of lemon. The eggs must give colour and flavour to the sauce ; they must not be allowed to boil and curdle in it. Serve with sippets of toast and slices of lemon as garnish.

### Fried Trout.

Select small trout of nearly the same size.

Clean, wash, and dry the fish ; roll lightly in flour, and fry in butter or clarified dripping, or lard. Let the fat be hot ; fry quickly to a delicate brown, and take up the instant they are done. Lay for an instant upon a hot folded napkin, to absorb whatever grease may cling to their speckled sides ; then range side by side in a heated dish, garnish, and send to table. Use no seasoning except salt, and that only when the fish are fried in lard or unsalted dripping.

Oatmeal or breadcrumbs are by many persons preferred to flour. Garnish with fried parsley and slices of lemon cut in halves or quarters.

### Trout (*au bleu*).

Take some freshly caught trout ; clean and wipe them ; put them into a saucepan, and pour over them

a pint of boiling vinegar, which immediately turns them blue. Add a pint of white wine (Chablis), and water till the fish is covered. Then put in four bay leaves, a good deal of salt, a teaspoonful of peppercorns, an onion with four cloves stuck in, the peel of a lemon, half a head of celery, a carrot, a little bunch of parsley, and boil for a good quarter of an hour covered over. Arrange the trout on a dish, garnish with parsley, and serve with an appropriate sauce, or with oil and vinegar.

### Sea Trout.

This fish should never be boiled. The proper mode of dressing it is to split it open, to season well with pepper and salt, and then to broil it. A little *maitre d'hôtel* butter can be laid on it, or a tartar sauce may be served in a sauce tureen.

All kinds of large trout are best cooked in this way

### Croquettes of Trout à la Russe.

Take the fillets of two large trout which have been boiled ; cut them into squares ; season with chopped chibbals, chervil, and lemon-juice ; set the pieces of trout in Villeroi sauce ; make them into croquettes the size of an egg. Give them two coats of bread-crumbs and egg ; fry carefully to a golden brown, and dish up with fried parsley in the middle.

### Fish with its own Sauce.

Boil one haddock in a quart of water for half an hour. Then add a pint of milk, and boil for a quarter

of an hour. Take out the haddock and cut it in pieces.

Mix two tablespoonsful of baked flour, and a little pepper and salt with the liquid, and put it on to boil for five minutes. Put in the pieces of fish, without any bone, and some chopped parsley before dishing up.

The liquid is stronger if the bones of the fish are previously taken out, and stewed in it by themselves for some time.

### **Fish Pudding.**

(Scandinavian Recipe.)

The fish used is generally pike in Sweden, cod in Norway. It is cut in small pieces freed from bone, and chopped up very fine. A custard is made with eggs, milk, flour, and butter. The fish is stirred in ; the whole is seasoned with pepper and salt, and is steamed in a mould for two hours.

Dutch sauce, lobster, or crayfish sauce is to be served with it.

### **Smelts.**

As smelts are not opened, but cleaned through the gills, it is the more important that they should be perfectly fresh ; but if the head is cut off, the cleansing can be repeated.

Dip in egg and breadcrumbs or oatmeal ; fry, dry on paper before the fire ; place on a napkin, two and two at right angles, and send up lemon cut in sections to be handed round.

### Stewed Smelts.

Place in a china fire-proof dish ; pour over them a sauce made with fish or veal stock, chopped onions, capers and fine herbs, and a little Chablis wine ; let them cook in the oven till tender, and serve in the same dish. Always cut off the head for this mode of dressing smelts.

### Lobster Curry.

Pick the meat from the shell of a lobster, and cut it into square pieces ; fry two onions of a pale brown in one ounce of butter, stir in one tablespoonful of curry powder and half a pint of medium stock, and simmer till it thickens, then put in the lobster ; stew the whole for about twenty minutes, stirring occasionally, and just before sending to table add the juice of half a lemon. Serve boiled rice with it, as for other curries.

### Lobster Cutlets.

Select young and delicate lobsters, or use prawns ; or even very small crabs of two or three inches in diameter.

Pick out the meat, and put the cream and the coral in a basin apart. Cut the meat up as small as possible, and then pound in a mortar till the stringy lobster is beaten into a smooth paste ; then incorporate the lobster-cream and the coral, season with pepper and salt, and add either thick cream or butter rubbed to a cream. Form into cutlets, and use the end of a



claw to simulate the bone of the cutlet ; dip in bread-crumbs and eggs twice, and fry a golden brown. Heat a skewer red hot, and mark each cutlet so as to give it the look of being broiled. Send up on a napkin, and serve a mayonnaise sauce in a tureen.

If there is not enough of the lobster paste for the number of cutlets desired, introduce a little panada, or a little ground-rice mixture ; the lobster paste is rich enough to bear the introduction of the simple cereal mixture, but the two must be so completely mixed that the expedient is not perceived.

### Sauce for Lobster Cutlets.

Make some stock with the bones of fish ; a wine-glass of this stock is to be seasoned with Maille vinegar, pepper, salt, and mustard flour. Mix in an equal quantity of single cream ; warm in a bain-marie, or milk saucepan. The taste of broth, vinegar, and mustard must be perceived, but not to an exaggerated degree. If the dish is not for a *maigre* day, veal broth may be used in place of fish stock.

### Shrimps.

There is an art even in the apparently simple process of boiling shrimps. To be really good, shrimps must be boiled alive. The shrimps are placed in nets and plunged into water that is fiercely on the boil. The putting in of these shrimps lowers the temperature of the water for a moment. The experienced shrimp-boiler therefore heats the poker

and stirs up the water in which the shrimps are placed, in order that the temperature of the water shall be kept up to the boiling point whilst the shrimps are being cooked. When the shrimps are done they are suspended in nets in the sea for a short time.—*Frank Buckland*.

### Breakfast Fish.

Take 2 ozs. of butter, a teaspoonful of mustard flour, a little cayenne, and a squeeze of lemon ; work it into a smooth paste ; pull the cold fish into flakes, and half fill some shells (scallop shells) or little china imitations ; lay the mixture over the fish and strew with breadcrumbs ; heat in the oven or before the fire.

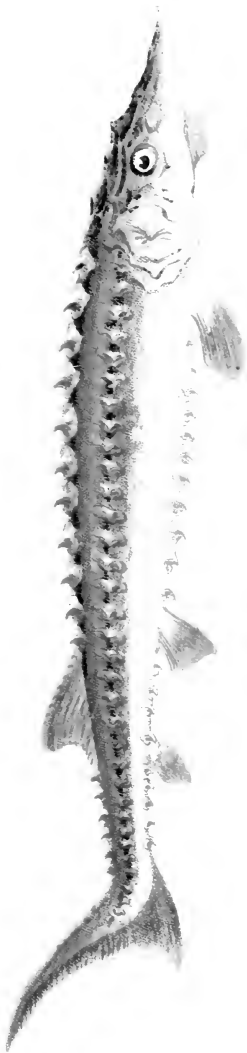
### Hake.

This is an excellent fish, though its merits are not generally known ; it is best cut in fillets and fried in batter, after being treated like fillets of sole à la Orly. It is also good curried.

### Sturgeon.

It is said that a good cook can obtain beef, mutton, pork, or chicken from the flesh of the sturgeon.

The best way to dress this fish is to cut fillets about  $1\frac{1}{2}$  inches thick, and to stew them in good stock, and serve with sauce piquante round them ; or to make the fish into quenelles, and serve with *maître d'hôtel* sauce. It may also be dressed as for 'Crème de Volaille' on *maigre* days.



STURGEON.



GREY MULLET

RED MULLET



PILCHARD



### Lampreys.

After the lampreys have been cleaned thoroughly in salt and water, rub them over gently with mixed white spices, and let them remain twenty-four hours. Then put them to stew quite gently with the moisture that has run from them : if not sufficient to cover them, add a little good stock ; when nearly done stir a glass of port wine into the stewpan. Small *lamperns* are stewed in the same way, after being cleaned in salt and boiling water.—*F. Buckland.*

### Oysters.

Oysters should always be eaten the instant they are opened. They are served often before the soup, in the first course of a dinner, and are arranged usually in as many plates as there are guests at the table.

In England oysters are served in their flat shells ; they are accompanied by brown bread and butter, pepper and vinegar or quarters of lemon.

In France they are served in their deep shell, in their own liquor.

### Oyster Kromeskis.

Parboil a dozen oysters in their own liquor, remove their beards, strain the liquor, and cut up the oysters into small dice ; melt a piece of butter in a saucepan, stir in a pinch of flour, add the oyster liquor and the minced oysters, salt and pepper to taste, and a pinch or two of chopped parsley ; take the saucepan off the

fire and stir in the yolk of one egg with the juice of half a lemon. When the mixture is quite cold, divide it into twelve portions, cut some slices of parboiled fat bacon as thin as possible to the size of  $1\frac{1}{2}$  ins. by  $2\frac{1}{2}$  ins. ; wrap each portion tightly in a piece of bacon. When they are all done, dip them in batter, and fry them in plenty of hot lard to a light brown colour. Drain well from fat in front of the fire, and serve with fried parsley.

### Oyster Loaves.

Remove a slice from the top of some small rolls the shape of a loaf, scoop out the crumb from the loaves, and fill them with some oysters just slightly stewed, with butter or cream, and a portion of bread-crumbs ; replace the tops of the loaves and bake till crisp. They may be glazed on the outside with beaten egg, if preferred.

### Oysters and Macaroni.

Lay some stewed macaroni in a deep dish ; put upon it a thick layer of oysters, bearded, and seasoned with cayenne pepper and grated lemon rind ; add a small teacupful of cream ; strew breadcrumbs over the top and brown it in a pretty quick oven. Serve hot, with a piquante sauce.

### Stewed Oysters.

A pint of oysters will be sufficient for a moderate-sized dish, but twice as many will be required for

a large one. Let them be very carefully opened, and not mangled in the slightest degree ; wash them free from grit in their own *strained* liquor, lay them in a very clean stewpan ; strain the liquor a second time, pour it on them, and heat them slowly in it. When they are just beginning to simmer, lift them out with a slice or a bored wooden spoon, and take off the beards ; add to the liquor a  $\frac{1}{4}$  pint of good cream, a pinch of cayenne, and a little salt ; and when it boils, stir in from 1 to 2 ozs. of good butter, smoothly mixed with a large teaspoonful of flour ; continue to stir the sauce until these are perfectly blended with it ; then put in the oysters, and let them remain by the side of the fire until they are very hot. They require so little cooking that, if kept for four or five minutes nearly simmering, they will be ready for table, and they are quickly hardened by being allowed to boil, or by too much stewing. A little lemon-juice should be stirred quickly into the stew just as it is taken from the fire. Serve them with pale fried sippets.

### Oyster Toast.

Beard and pound a few oysters in a mortar ; when they form a paste add a little cream, and season with pepper ; get ready some small pieces of toast ; spread the oyster paste on them, and place them for a few minutes in an oven to warm. A little finely chopped lemon-peel may be thrown upon the tops.

### Oyster Vol-au-vent.

Make a puff paste with three-quarters of a pound of dry sifted flour, three-quarters of a pound of fresh butter, the yolk of an egg, the strained juice of a lemon ; beat the egg first alone, then with a gill of cold water, add the lemon-juice ; put the flour into a bowl, stir in the liquid, and make it into a soft paste, touching it as little as possible ; squeeze the butter in a cloth, slightly sprinkle the paste with flour, lay on the paste, make a hole in the centre, put in the butter, turn over the edges, and roll out four times ; let the paste stand in a cold place for an hour ; roll out two or three times, then roll it the last time  $1\frac{1}{4}$  inches thick ; press a vol-au-vent tin cutter quickly down, so as to take off the rough edges, and cut it in the size and shape required. Make a circular incision with a penknife, a quarter of an inch deep and half an inch from the edge ; place it on a baking-tin, and bake in a hot oven for three-quarters of an hour. With a penknife take out the centre carefully, remove the soft paste, and fill the vacancy with oysters prepared as follows :—Beard three dozen oysters ; put the liquor into a saucepan with the beards, a grain of white pepper, a grain of cayenne, the thin rind of half a lemon, and the strained juice ; boil up ; knead 3 ozs. of butter with a dessert-spoonful of baked flour, and stir in ; boil till it is reduced to a quarter of a pint ; strain ; add the oysters ; simmer six minutes ; stir in a gill of very thick cream ; fill the vol-au-vent and serve on a neatly folded napkin.



### Oyster Sausages.

Beard, rinse well in their strained liquor, and mince, but not finely, three dozen and a half of oysters, and mix them with 10 ozs. of fine breadcrumbs and 10 ozs. of beef suet, chopped extremely small ; add a salt-spoonful of salt, and one of pepper, or less than half the quantity of cayenne, twice as much pounded mace, and the third of a small nutmeg, grated ; moisten the whole with two unbeaten eggs, or with the yolks only of three, and a dessert-spoonful of the whites. When these ingredients have been well worked together and are perfectly blended, set the mixture in a cool place for two or three hours before it is used ; make it into the form of small sausages or sausage cakes ; flour and fry them in butter of a fine light brown, or throw them into boiling water for three minutes, drain, and let them become cold ; dip them into egg and breadcrumbs, and broil them gently until they are lightly coloured. A small bit should be cooked and tasted before the whole is put aside, that the seasoning may be heightened if required. The sausages thus made are very good.

Observe : the fingers should be well floured for making up these sausages.

### Scalloped Oysters.

Open the oysters carefully ; give them a scald in their own liquor ; wash them in it free from grit, and beard them neatly. Butter the scallop shells, and shake some fine breadcrumbs over them ; fill them with

alternate layers of oysters, crumbs of bread and fresh butter cut into small bits ; pour in the oyster liquor after it has been strained ; put a thick, smooth layer of breadcrumbs on the top ; moisten them with clarified butter ; place the shells in a Dutch oven before a clear fire, and turn them till the tops are brown all over and all round—a rich golden brown. Serve very hot.

### Oyster Sauce.

Save the liquor in opening the oysters, and boil it with the beards, and lemon-peel. In the meantime throw the oysters into cold water, and drain it off. Strain the liquor, and put it into a saucepan with them, and as much butter mixed with a little milk as will make sauce enough ; but first rub a little flour in the butter. Set them over the fire, and stir all the time, and when hot, take them off and keep the saucepan near the fire, but not on it, for if done too much the oysters will be hard. Squeeze a little lemon-juice, and serve. A little cream is a great improvement.

Observe : the oysters will thin the sauce, so put butter and flour accordingly.

### Oyster Omelette.

12 oysters, if large ; 24 oysters, if small ;  
6 eggs ;  
4 tablespoonsful of butter ;  
1 cup of milk ;  
Chopped parsley, salt, and pepper.

Chop the oysters very fine ; beat the yolks and



TENCH



CHUB



TROUT



PERCH



PIKE



whites of the eggs separately—the white until it stands in a heap. Put three tablespoonsful of butter in a frying-pan, and heat while you are mixing the omelette. Stir the milk into a deep dish with the yolk, and season. Next put in the chopped oysters, beating vigorously as you add them gradually. When they are thoroughly incorporated, pour in the spoonsful of melted butter ; finally, whip in the whites lightly, and with as few strokes as possible. If the butter is hot—and it ought to be, that the omelette may not stand uncooked—put the mixture into the pan. *Do not stir it*, but when it begins to stiffen or ‘to set,’ slip a broad-bladed, round-pointed dinner knife round the sides, and cautiously under the omelette, that the butter may reach every part. As soon as the centre is fairly ‘set,’ turn out into a hot dish. Lay the latter bottom upward over the frying-pan, which must be turned upside down dexterously. This brings the browned side of the omelette uppermost. This omelette is delicious and easily made.

### Oyster Patties.

Line some small patty pans with fine puff paste, rolled thin, and, to preserve their form when baked, put a bit of bread into each ; lay on the covers, pinch and trim the edges, and send the patties to a brisk oven. Plump and beard from two to three dozen oysters ; mix very smoothly a teaspoonful of flour with an ounce of butter, put them into a clean saucepan, shake them round over a gentle fire and let them simmer for two or three minutes ; throw in a little

salt, pounded mace and cayenne ; then add, by slow degrees, two or three spoonsful of rich cream, give these a boil and pour in the strained liquor of the oysters ; next lay in the oysters and keep at the point of boiling for a couple of minutes. Raise the covers from the patties, take out the bread, fill them with oysters and their sauce and replace the covers. It is an improvement to stew the beards with a strip or two of lemon-peel in a little good veal stock for a quarter of an hour, then to strain and add it to the sauce.

The oysters should be once or twice divided. The patties should be made small, with a thin crust, and well filled with the oysters and their sauce. The substitution of fried crumbs for the covers will vary them very agreeably.

### Oysters à la Villeroi.

Blanch some large oysters ; warm them in a very thick Villeroi sauce ; take them out one by one, and be sure that they are well coated with this sauce ; dip them twice in breadcrumbs and egg, fry them ; dish them up in a pyramid on a napkin, and garnish with fried parsley.

### Curried Oysters.

Open six dozen oysters, leaving them in their own liquor, then cut two medium-sized onions into small dice, and *sautés* in a stewpan with an ounce of butter ; when done, mix it in two teaspoonsful of curry powder and one of curry paste, then add the

oysters, with their liquor, and keep stirring over the fire until the oysters become enveloped in a thick sauce, when turn them out upon your dish and serve with rice separately.

### Devilled Oysters.

Open the oysters in their deep shell, season them with a small piece of butter, a little cayenne, salt, and lemon-juice ; place them on a gridiron over a brisk fire and broil them for about three minutes. Serve with bread and butter.

### Oyster Force meat.

Open a dozen oysters, take off the beards, strain their liquor and rinse ; grate four ounces of the crumb of a stale loaf into fine light crumbs, mince the oysters, but not too small, and mix them with the bread ; add an ounce and a half of good butter cut into minute bits, the grated rind of half a small lemon, a small saltspoonful of pounded mace, some cayenne, a little salt, and a large teaspoonful of parsley ; mix these ingredients well and work them together with the unbeaten yolk of one egg and a little of the oyster liquor, the remainder of which can be added to the sauce which usually accompanies this force-meat.

Oysters, 1 dozen ; breadcrumbs, 4 ounces ; butter, 1  $\frac{1}{2}$  ounces ; rind of half a small lemon ; mace, half a saltspoonful ; some cayenne and salt ; minced parsley, one large teaspoonful ; yolk of 1 egg ; oyster liquor, 1

dessert-spoonful ; rolled into balls and fried from seven to ten minutes, or poached from five to six minutes.

Observe : in this forcemeat the flavour of the oysters should prevail entirely over that of all the other ingredients which are mixed with them.

### **A Finer Oyster Forcemeat.**

Pound the preceding forcemeat to the smoothest paste, with the addition only of half an ounce of fresh butter, should it be sufficiently dry to allow of it. It is remarkably good when thus prepared, and may be poached or fried into balls for soups or made dishes, or used to stuff boned fowls, or the breasts of boiled turkeys, with equally good effect.

### **Oyster Kabobs.**

Blanch the oysters in two waters, and then drain them.

Put in a stewpan some chopped onions, mushrooms, and parsley, with butter and a little flour ; warm the oysters in this mixture, and stir in yolks of eggs to make the mixture firm enough to adhere to the oyster. String about 6 oysters on each silver skewer, the sauce adhering to the oysters and setting around them ; treat with breadcrumbs and eggs, so that the skewers look as if passed through a sausage, and fry a golden brown. Dish up on a napkin.

### **Oysters au Parmesan.**

Butter a shallow dish, and strew with breadcrumbs which have been browned. Lay the oysters



on the breadcrumbs, strew some chopped parsley and grated Parmesan over them, and some more crumbs. Pour in half a glass of Chablis, and put them in the oven to brown. A little warm butter may be administered whilst in the oven.

### Fried Oysters.

(American Recipe.)

Use for frying the largest and best oysters you can find. Take them carefully from the liquor ; lay them in rows upon a clean cloth, and press another lightly upon them to absorb the moisture. Have ready several beaten eggs, and in another dish some rusks crushed fine. In the frying-pan heat enough butter to cover the oysters entirely. Dip each oyster first in the egg, then into the crushed rusks, rolling it over that it may become completely encrusted. Drop them carefully into the frying-pan, and fry quickly to a light brown. If the butter is hot enough, they will soon be ready to take out. Test it by putting in one oyster before you risk the rest. Do not let them lie in the pan an instant after they are done. Serve dry, and let the dish be warm. A chafing dish is best.

### Oysters en Papillotes.

Make a paste with cold mashed potatoes, flour and butter. Roll it out and cut into lozenge-shaped pieces. Put three oysters on each bit of paste, roll it up, and bake a light brown in the oven.

The roll must not be too large ; serve on a napkin very hot.

To assist the reader in giving correct names to the different kinds of fish, a series of coloured plates has been prepared ; but these illustrations give the shape and colour only : they cannot attempt to give the relative size of the fish in so small a space. The weights of some fish and the sizes of others are therefore given.

PLATE I.—Salmon, 7 lbs. to 50 lbs.; Common Trout,  $\frac{1}{2}$  lb. to 5 lbs.; Sea Trout,  $\frac{1}{2}$  lb. to 5 lbs.; Grayling,  $\frac{1}{2}$  lb. to 3 lbs.; Carp, 2 lbs. to 10 lbs.

PLATE II.—Turbot, 1 lb. to 20 lbs.; Brill, 1 lb. to 10 lbs.; Plaice,  $\frac{1}{2}$  lb to 5 lbs.

PLATE III.—Skate, 5 lbs. to 40 lbs.; Sole,  $\frac{1}{2}$  lb. to 5 lbs.; Flounder, 2 ozs. to 1 lb.

PLATE IV.—Cod, 4 lbs. to 25 lbs.; Pollack, 3 lbs. to 18 lbs.; Haddock,  $\frac{1}{2}$  lb. to 5 lbs.; Whiting,  $\frac{1}{4}$  lb. to 2 lbs.; Smelt, 7 inches in length.

PLATE V.—Sprats, Herring, Whitebait ; John Dory, 1 lb. to 7 lbs.; Gurnard,  $\frac{1}{2}$  lb. to 6 lbs.

PLATE VI.—Sturgeon, 10 lbs. to 4 cwt.; Red Mullet,  $\frac{1}{2}$  lb. to 1  $\frac{1}{2}$  lbs.; Grey Mullet, 1 lb. to 5 lbs.; Pilchards.

PLATE VII.—Perch,  $\frac{1}{2}$  lb. to 3 lbs.; Tench,  $\frac{1}{2}$  lb. to 5 lbs.; Pike, 5 lbs. to 20 lbs.; Char, 9 to 18 inches long ; Shad, 2 lbs. to 7 lbs.

PLATE VIII.—Mackerel,  $\frac{1}{2}$  lb. to 2 lbs.; Sea Bream,  $\frac{1}{2}$  lb. to 3 lbs.; Eel,  $\frac{1}{4}$  lb. to 3 lbs.; Lampern, 12 to 15 inches long ; Lamprey, 20 to 28 inches long ; Conger Eel, 5 lbs. to 25 lbs.

### List of Fish most commonly used, with their French names.

Brill = Barbue.

Carp = Carpe.

Char = Ombre Chevalier.

Cod = Cabillaud.

Dab = Limande.

Eel = Anguille.



MACKEREL

SEA BREAM



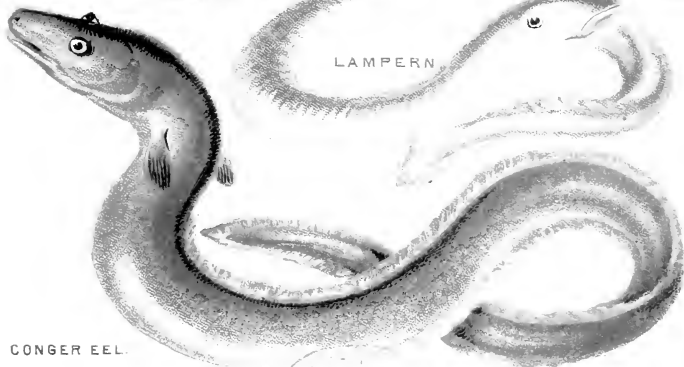
EEL



LAMPREY



LAMPERN



CONGER EEL





Flounder = Carrelet.  
Grayling = Ombre.  
Gurnard = Gournal or Grondin.  
Haddock = Merluche.  
Herring = Hareng.  
John Dory = Poisson de St. Pierre.  
Lampern = Lamproie de Rivière.  
Lamprey = Lamproie de Mer.  
Mackerel = Maquereau.  
Mullet (*red*) = Rouget.  
Perch = Perche.  
Pike = Brochet.  
Plaice = Plie.  
Pollack = Merlan jaune.  
Pilchard = Pélamide. Sardine.  
Salmon = Saumon.  
Sardine = Sardine.  
Shad = Alose.  
Sea Bream = Brême.  
Sea Trout = Truite saumonée.  
Skate = Raie.  
Smelt = Éperlan.  
Sole = Sole.  
Sprat = Melet or Esprot.  
Sturgeon = Esturgeon.  
Tench = Tanche.  
Trout = Truite.  
Turbot = Turbot.  
Whiting = Merlan.  
Whitebait = Blanchaille.

## TABLE OF FISH.

TABLE SHOWING THE SEASONS WHEN SEA FISH ARE

*Note.*—The sign × denotes the months during which the

Name of Fish	Jan.	Feb.	Mar.	April	May	June	July	Aug.	Sept	Oct.
BASS . . . .	...	...	...	...	×	×	×	×	×	×
BRILL . . . .	...	...	×	×	×	×	×	×	×	×
BIB . . . .	×	...	...	...	...	...	...	×	×	×
BREAM, SEA . . . .	...	...	...	...	...	×	×	×	×	×
CAT-FISH OR WOLF-FISH	...	×	×	×	×	...	...	...	...	...
COD . . . .	×	×	...	...	...	×	×	×	×	×
COAL-FISH . . . .	×	×	×	...	...	...	...	...	...	×
CONGER . . . .	...	...	×	×	×	×	×	×	×	×
DAB . . . .	...	×	×	×	×	...	...	...	...	...
DOG-FISH . . . .	...	...	...	..	...	...	...	...	..	...
DORY OR JOHN DORY .	×	×	×	×	×	×	×	×	×	×
EEL . . . .	×	×	×	×	×	×	×	×	×	×
FLOUNDER . . . .	...	...	×	×	×	×	×	×	×	×
GAR-PIKE OR GAR-FISH .	×	×	×	×	×	...	...	...	...	×
GURNARD, RED, OR ELLECK . . . .	×	×	...	...	...	...	×	×	×	×
GURNARD OR TUB-FISH .	...	...	...	...	...	...	...	...	...	...
GURNARD, GREY . . .	×	×	×	×	...	...	×	×	×	×
HADDOCK . . . .	×	×	...	...	...	...	×	×	×	×
HAKE . . . .	×	...	...	...	×	×	×	✓	×	×
HERRING . . . .	×	×	×	...	...	...	×	×	×	×
HALIBUT . . . .	×	×	×	×	...	...	×	×	×	×
LAUNCE, SAND . . . .	...	...	...	...	×	×	×	×	×	×
LUMP-FISH . . . .	×	×	×	×	×	...	...	×	×	×
LING . . . .	×	×	×	×	×	...	...	×	×	×
MACKEREL . . . .	...	...	×	×	×	×	×	×	×	...
MULLET, GREY . . . .	×	×	...	...	...	...	×	×	×	×
MULLET, RED . . . .	...	...	...	×	×	...	...	×	×	×
PILCHARD . . . .	...	...	...	...	...	×	×	×	×	×
PLAICE . . . .	...	...	...	×	×	×	×	×	×	×

BEST FIT FOR THE TABLE. BY FRANK BUCKLAND, ESQ.

fish are in season.—The seasons vary slightly according to locality.

Nov	Dec.	Observations
×	×	Called white salmon or sea perch in Kent. Frequently seen in London markets.
×	×	Next best fish to turbot; has no bony spines in the skin like turbot.
×	×	Best in November and December. Sometimes sold for whiting.
		Very bad keeping fish; must be cooked at once.
×	×	Several kinds; called silver-eyes.
...	...	Caught in North Sea; seen occasionally in shops. Tastes like veal.
×	×	Out of condition in spring months; best about Christmas.
×	×	A northern fish.
...	...	Flesh good, but dry. Good as soup, baked, or in pies.
...	...	<i>Saltie</i> , Scotland; <i>Limande</i> , French; best as water-soupy.
...	...	Called <i>Housviss</i> at Dover. <i>Hoes</i> in Scotland. Not bad salted; sometimes called Folkestone beef. Much eaten in Lancashire.
...	...	Excellent eating. Called also St. Peter's fish. Best in February and March.
×	×	Not protected by the Freshwater Fisheries Act. Very nutritious in any form.
×	...	Fluke or maycock of Edinburgh; butt of Yarmouth. Good as water-soupy.
×	×	Very good eating, not unlike eels. It has green bones, but is not unwholesome. Also called long-nose. Mostly eaten by Jews.
×	×	Caught off west coast of England and Ireland at almost all seasons.
...	...	Pectoral fins splendidly coloured. Sometimes called the Latchet.
×	×	In Scotland the Hardhead, Crooner, or Croonack. An excellent fish.
×	×	Best in August, September, and winter months. Hook fish better than trawl fish.
×	×	Good in steaks fried in batter; also in pies.
×	×	'Spring herrings' lean, tasteless, and bad. Good herrings from west coast of Scotland February and March. From Loch Fyne best in November, December, January.
×	×	Much prized by Jews.
...	...	Not sufficiently utilised. Called sprats in Devonshire.
×	×	Males considered best; flesh soft and rich, but very oily; considered by some in Edinburgh second only to turbot if fried or baked.
×	×	Largely exported to Spain, salted. Liver produces much oil.
...	...	Fisheries principally on south coast of England, from Land's End to Dover.
×	×	Large quantities on south-west coast.
×	×	The 'Woodcock of the Sea.' Very much sought after.
×	×	Very oily; best marinated. Mostly exported to Roman Catholic countries. Londoners should try them.
×	×	Best at end of May, but always in the market.

TABLE SHOWING THE SEASONS WHEN SEA FISH ARE

Name of Fish	Jan.	Feb.	Mar.	April	May	June	July	Aug.	Sept.	Oct.
SKATE . . . .	×	×	×	×	...	...	×	...	×	×
SALMON . . . .	...	×	×	×	×	×	×	×	...	...
SCAD OR HORSE-MACKEREL . . . .	...	...	...	...	...	...	...	...	...	...
SHAD . . . .	...	...	...	×	×	×	×	...	...	...
SMELT OR SPARLING . . . .	×	×	×	×	...	...	...	...	×	×
SOLE . . . .	×	...	...	×	×	×	×	×	×	×
SPRAT . . . .	×	×	×	...	...	...	...	...	...	...
STURGEON . . . .	...	...	...	×	×	×	×	×	...	...
TROUT (SEA) . . . .	...	×	×	×	×	×	×	×	...	...
TURBOT . . . .	×	×	...	...	×	×	×	×	×	×
TORSK . . . .	×	×	...	...	...	...	...	...	...	...
WEEVER OR STING-FISH	...	...	...	...	...	...	...	...	...	...
WHITEBAIT . . . .	...	×	×	×	×	×	×	×	...	...
WHITING . . . .	×	×	...	...	×	×	×	×	×	×
WRASSE . . . .	...	...	...	...	×	×	×	×	×	×
<hr/>										
COCKLES . . . .	×	×	×	×	...	...	×	×	×	×
CRABS . . . .	×	×	×	×	×	×	×	×	×	×
CRAYFISH . . . .	...	...	...	...	...	...	...	...	...	...
LOBSTERS . . . .	...	...	...	...	...	...	...	...	...	...
MUSSELS . . . .	×	×	×	×	...	...	...	×	×	×
OYSTERS . . . .	×	×	×	×	...	...	...	×	×	×
PRAWNS . . . .	...	...	×	×	×	×	×	×	...	...
PERIWINKLES . . . .	...	...	...	...	...	...	...	...	...	...
SCOLLOPS . . . .	...	×	×	×	...	...	...	...	...	...
SHRIMPS . . . .	...	...	...	...	×	×	×	×	×	...
WHELKS . . . .	...	...	...	...	×	×	×	×	×	...



BEST FIT FOR THE TABLE.—*Continued.*

Nov.	Dec.	Observations
×	×	Best in November, but a palatable fish at all times except May and August.
...	...	Dutch fish in market from November to February. Rod fish cannot be sold during net close time.
...	...	Sold mostly in Whitechapel. It has spines along the sides.
...	...	Periodically in the market. Much esteemed by the Americans.
×	×	Dutch fish from November to March.
×	×	In season all the year round; best when about half roed.
×	×	Caught principally at Inverness and in Thames estuary. Good dried.
...	...	Occasionally plentiful in warm months.
...	...	Have various names in various localities.
×	×	Best when half roed. From North Sea and Dutch coast and off Dover.
×	×	A northern fish; not many in London markets.
...	...	Known in Whitechapel as Spitalfields weevers. Good if skinned and fried.
...	...	Mostly the fry of either sprats or herrings, according to locality.
×	×	'The Chicken of the Sea.' Best in December, January, and February; but good in May and June.
×	...	During the summer good stewed.
<hr/>		
×	×	Mostly eaten by poor of Midland counties. Excellent pickled or in patties.
×	×	All crabs under 4½-inches across the broadest part of the shell, crabs in roe, and soft-shell crabs, are illegal. Best in the warm months.
...	...	Mostly from Cornwall, Jersey, and Channel Islands. Much esteemed in France.
...	...	Any lobster measuring less than 8 inches from the tip of beak to end of tail is illegal. <i>Homard</i> (French). Best in warm months.
×	×	Sold largely for bait, also as food.
×	×	Close time for deep-sea oysters, 15th June to 4th August. Close time for natives and seconds, 14th May to 4th August. No close time for American or Portuguese oysters.
...	...	Becoming scarce and dear.
...	...	In season all the year round. Finest from Holland and Scotland.
...	...	Caught off south-west of England.
...	...	There are two kinds: the 'Bunting,' brown colour, no beak, and the 'Red shrimp,' with a saw beak. Obtainable nearly every month.
...	...	Large numbers sold in the London streets; used also extensively for bait for the long-line fishermen.

## CHAPTER XV.

*BEEF.***Sirloin of Beef.**

THIS joint is generally roasted as a whole, and a very large whole it is.

A better plan is to take out the fillet, and to use it as a separate dish.

Yorkshire pudding and horseradish sauce are to be served with roast beef.

**Ribs of Beef.**

This joint can be roasted whole, or it can be boned and rolled before roasting, and the bones can be put in the stock-pot for the commoner kind of broth. Or the long end can be sawn off, put in salt for a few days, and either boiled or braised. The ends of bone to be slipped out, and the meat pressed till cold.

**Beef à la Flamande.**

Braise a piece of brisket of beef in the usual way. Add to the sauce just before serving carrots, turnips, onions, lettuces, sprouts or cabbage, mushrooms, and a few stuffed tomatoes, all of which have been care-

fully prepared according to the directions for each vegetable. Time required for braising about five hours.

The piece of beef is sent up in a large dish, its sauce is poured round, and the vegetables are placed in little separate heaps. The sprouts must look green, and each heap must be neatly arranged. It is not necessary to provide all the above vegetables ; four kinds will be enough.

### **Beef à la Mode.**

Take a piece of the silver side, or the piece called fillet by the butcher, and put it in a braising pan with a calf's foot cut up, some rind of bacon, a fried onion, a fried carrot, some fine herbs, and a glass of wine, or half a glass of brandy mixed with water, a pinch of salt, and two pinches of sugar. Cover very close, and let it braise for from six to eight hours, shaking the pan from time to time so that the meat may not adhere to the bacon which is placed at the bottom of the pan, introducing a little hot stock from time to time.

The piece of beef must be well beaten before braising, and square slips of bacon may be thrust into the meat.

### **Brisket of Beef.**

Trim a good-sized brisket, which is all the better for being slightly salted for twenty-four hours.

Put it in the braising pan with enough weak broth to cover. Let it simmer for at least five hours. Take it out, and place in the oven whilst you reduce the sauce. Prepare a garnish of vegetables to be served

separately. When the beef comes out of the dining-room, put it on a dish which will admit of another dish and heavy weights being placed on it ; and the pressed beef is even better cold than hot. The top must be glazed.

The reason why vegetables must not be braised with the beef is, that the beef would soon turn sour.

### **Collared Beef.**

Choose the thin end of the flank of fine mellow beef, but not too fat. Lay it in a dish with salt and a little saltpetre, turn and rub in every day for a week ; keep it in a cool place. Then remove all bone and gristle, and the skin of the inside part, and cover it with the following seasoning : cut small a handful of parsley, the same of sage, some thyme, marjoram, pepper, salt, and allspice (and, if liked, a little garlic). Roll the meat up as tight as possible, and bind it first with a cloth, and then with tape or packthread. Put the beef on in plenty of water, and let it boil gently seven or eight hours. When done, put a heavy weight on while it is hot, without undoing the cloth, &c. It will, when cold, be of an oval shape. It should then be glazed on the outside.

### **Fillet of Beef.**

The fillet here spoken of is the under part of the sirloin ; not the piece sold as fillet by butchers.

It can be dressed whole, or in slices as an entrée ; but as in England it is not sold by itself, the sirloin must be purchased, and the fillet being taken out, the

upper part of the sirloin will be roasted by itself, after being neatly trimmed. The fillet can be roasted and sent up with its own gravy ; or with a garnish of macaroni stewed in gravy ; or with a garnish of stuffed tomatoes ; or with fried potatoes, cut in various shapes ; or with croquettes of potatoes or of hominy.

If a dish with more flavour is desired, the fillet can be put in a pickle of oil, tomato, and onion juice for twenty-four hours, this pickle being poured over it several times, and the fillet allowed to stand in the preparation.

### Fillet as an Entrée.

The fillet must be divided into slices about half an inch thick when dressed. They must be neatly trimmed at the edges, and *sauté*. They are to be dressed in a circle, and in the centre must be placed either olives which have been stoned and fried, or small pieces of potato fried ; the gravy from the fillets is the proper sauce round ; a little maître d'hôtel butter may be laid on each fillet.

### Braised Fillet of Beef.

It is impossible sometimes to keep even this fillet till it is tender enough to roast. Then braising is the means to obtain a tender dish.

Remove the fat from a fillet and trim it neatly ; line the stewpan with slices of bacon and veal, and half a dozen onions. Place the fillet on these, with more bacon on the top, put in a bunch of fine herbs, and enough broth to surround and keep moist the

whole. A little red wine or a tablespoonful of brandy may be mixed with the broth. Cover tight, and braise in an oven (or with hot coals on the lid of the stewpan) for four hours. The stewpan must be of a size only large enough to admit the fillet and the linings. Take out the fillet, ascertain if the sauce wants reducing, and if so simmer it awhile ; but if only a small quantity of broth is used, the sauce will be ready when the fillet is done.

### **Tournedos of Beef.**

Cut a cooked fillet of beef into slices half an inch thick, and cut slices of bread the same size and thickness ; fry the bread in fat taken from the stock-pot, and warm the slices of beef (warm, not boil) in good gravy ; arrange in alternate slices ; fill the centre with a garnish of olives, or flageolets, and serve a sharp sauce in a tureen.

### **Chateaubriand of Beef.**

This is made with slices of fillets of beef, but each two slices must be only slightly severed in the middle, making a sort of bivalve, into which are introduced a small lump of marrow, a sprinkle of salt and cayenne pepper, and a few shreds of onion. The beef sides are then pressed together ; a little butter or oil is rubbed on the outside, and the fillets are grilled from ten minutes to a quarter of an hour, care being taken not to let the marrow ooze out of the fillets. Serve very hot, with a squeeze of lemon in the gravy.

### Beef Steak Pudding.

About 2 lbs. of tender rump steak must be freed from sinew, cut into pieces of moderate size, and a few bits of fat rolled in the thin pieces of beef; salt and pepper, and an onion chopped small are to be added.

Make a paste with  $\frac{1}{2}$  lb. of beef suet,  $1\frac{1}{4}$  lbs. of flour, a pinch of salt, and half a pint of milk (or water); the suet must be chopped very fine and freed from skin. The paste must be quite smooth and even.

Line a basin with this paste, fill with the pieces of beef, pour in a small quantity of broth, cover with paste, close the edges, flour your pudding-cloth, tie over the basin, boil for four hours. Take off the pudding-cloth, pin a napkin neatly round the basin, and send up on a round dish. Veal may be used instead of beef, or half rabbit and half beef. When oysters are in season, it is a great improvement to put in half a dozen.

### Rump Steak.

Cut the steak thick, at least three-quarters of an inch in thickness. As tender meat is not always to be had, if the piece you have purchased is doubtful, lay it on a clean cloth, take a blunt heavy carving knife if you have not a steak mallet, and hack *closely* from one end to the other; then turn and repeat the process upon the other side. The knife should be so blunt you cannot cut with it, and the strokes not the sixth part of an inch apart. Wipe, but do not wash,

and lay on a buttered gridiron over a clear fire, turning very often as it begins to drip. Do not season until it is done, which will be in about twelve minutes if the fire is good, and the cook attentive. Rub your hot dish with a split raw onion, lay in the steak, salt and pepper on both sides, and put a liberal lump of butter upon the top. Then put on a hot cover, and let it stand five minutes to draw the juices to the surface before it is eaten. A gridiron fitting *under* the grate is better than any other. If a gridiron is not at hand, rub a little butter upon the bottom of a hot, clean frying-pan, put in the meat, set over a bright fire, and turn frequently. This will not be equal to a steak cooked upon a gridiron, but it is infinitely preferable to the same fried.

### Beefsteak Rolls.

Cut a beefsteak quite thick, then split it open lengthwise, and cut in strips of four or five inches wide ; rub over the inside with an onion, and in each strip roll up a thin slice of bread, buttered on both sides ; stick two cloves in the bread, and sprinkle some salt, pepper, celery seed (or thin slices of celery-stick), and put into the gravy. Tie each roll with a thread ; dredge it with flour, and fry in hot butter. Then put these, when a delicate brown, into a stew-pan, with only enough broth to stew them. Make a nice thickened gravy from the liquor in which the steaks were stewed, and serve with the rolls, very hot. The rolls should stew very slowly two hours. Veal or mutton is also very good prepared in this way.



### Stewed Rump Steak.

A rump steak should be cut from a rump which has been hung, but must not be cut till wanted. It should be two inches thick, 4 lbs. for eight people ; and much of the fat is not to be kept on it. Let the steak brown, not *burn*, on both sides in boiling dripping or butter, either in the frying-pan or in a shallow stewing-pan. Mix some flour and broth, and fry some sliced onion, carrot, and turnip ; and let the steak stew for three to four hours, the broth not quite covering the steak. The stewing-pan must have a hollow cover, and hot water or charcoal must be put in this if cooked on a hot plate, but the stewing or braising-pan can be put in the oven. About half an hour before the steak is done, pour out some of the sauce and stir in two teaspoonsful of mustard flour and a tablespoonful of brandy ; and stir the whole in with the sauce round the steak.

If there is too much sauce the steak will be boiled, if there is too little it will be dried up. As in all stewing, the state of the meat must be watched from time to time, and basting be had recourse to.

### Beef-Pie, with Potato Crust.

Mince some underdone roast beef or cold corned beef, if it is not too salt ; season with pepper and salt, and spread a layer in the bottom of a pudding-dish. Over this put a layer of mashed potato, and stick bits of butter thickly over it ; then another of meat, and so on, until you are ready for the crust.

To a large cupful of mashed potato add two tablespoonsful of melted butter, a well-beaten egg, two cups of milk, and beat all together until very light. Then work in enough flour to enable you to roll out in a sheet—not too stiff—and when you have added to the meat and potato in the dish a gravy made of butter and milk, with what cold gravy or dripping remains from the ‘roast,’ cover the pie with a thick, tender crust, cutting a slit in the middle.

You can use the potato crust, which is very wholesome and good, for any kind of meat-pie. It looks well brushed over with beaten white of egg before it goes to table.

### Oxtail.

Cut the oxtail in joints or sections, and trim away the fat from the rump sections ; the very small joints may be used to make the sauce ; they do not look well sent to table. Let the oxtail disgorge in cold water, then simmer it in the stock-pot, or by itself with broth and vegetables till it is tender. Take out those pieces which are to be sent to table, and keep warm ; reduce the sauce in which they have been simmered, or make a Robert sauce, and send up round the oxtail. A watery sauce would make the dish very insipid, a well-composed sauce à la Béarnaise makes it savoury.

### Ox Cheek.

Wash the cheek in lukewarm water, dry and wipe. Put it in a large stewpan and cover with

tepid water, a little salt, and some peppercorns ; cover close. When it begins to simmer, remove the scum. After all has been cleared off, put on the lid and simmer for two hours. If the water has shrunk, replace it by water of the same temperature. When the meat is quite tender, turn out the whole into a deep dish. Remove the bones and let it stand all night.

Take off the fat, and mix it with as much flour as it will absorb. To this add three leeks, an onion, three or four carrots, two turnips, fry all together, and then place this, the meat and broth, in the stewpan again, and add water ; simmer till quite blended—two or three hours. A large cheek ought to make a gallon of soup, or stew.

### Beef Palates.

The palates must be boiled in plain water till quite tender ; as this requires a long time, they must be prepared the day before. When quite tender the hard black skin must be removed, and the palates must be washed in cold water, and then be pressed between two plates with a moderate weight laid on them.

If the palates are to be used as an entrée, they must be cut into either circles or ovals, to admit of being neatly arranged. If they are for a curry, they must be cut into large dice ; if for croustades into small dice.

The sauce must have a decided flavour, as Robert sauce, soubise sauce, tomato sauce, &c. The palates

should be warmed in the sauce, and arranged in a circle like cutlets, with sauce round.

If the croustades are to be filled with palates, the small dice must be warmed in rich gravy, and the croustades neatly arranged on a napkin in the dish.

If for curry the treatment given in recipes for curry is to be followed.

### **Beef Palates à la Lyonnaise.**

The palates must be cleaned and boiled in a white sauce, and pressed. Cut them into neat shapes, either round or square, and warm them in a sauce made with brown sauce, slices of fried onion, and mustard flour. The palates are intended to be white, or rather cream colour, the sauce brown ; and the onions are to be in the centre of the circle of palates.

### **Marrow Patties.**

Ingredients : Marrow, lemon, pepper, salt, thyme, parsley, chives, or shallot, one tablespoonful of cream.

Take the marrow fresh from the bone ; cut it into pieces as large as a walnut ; put it into a stewpan with cold water and one teaspoonful of salt ; place over a fire, and after boiling for one minute, pass at once through a hair sieve. Line the patty-pans to be used with light paste. To make six patties take one tablespoonful of parsley, thyme, and chives ; chop fine ; add one quarter of the rind of a lemon grated, one tablespoonful of cream, a little lemon-juice, salt, and pepper ; beat well together. Place sufficient of

the marrow in each of the pans, and add a little of the savoury cream ; cover with paste, and bake in a moderate oven for fifteen minutes.

### Another Method.

Prepare the marrow and savoury cream as before. Take a stale French roll and cut into three ; take out the crumb, leaving a layer at the bottom (which must be kept whole) to form a case for the marrow, &c. Put a little fat in the frying-pan, put on the fire, and, when hot enough, place in the rolls and fry a light brown. Remove them from the pan, and place on paper for the purpose of absorbing the grease ; sprinkle a little salt on the inside of each roll, and fill with the marrow and savoury cream. Pass the crumbs (taken from the inside of the roll) through a wire sieve ; pile them, cone shape, on the top of the rolls, with small pieces of butter, and place in the oven to brown.

### Potted Beef.

Take 1 lb. of lean beef, rub it over with saltpetre, taking care not to make it too salt ; let it stand two or three days, then put it in a pot, and cover it with water ; bake it in the oven when barley bread is baking, and when cold cut it into small bits and beat it till it is fine in a marble mortar, add six small anchovies and a little cayenne pepper ; melt half a pound of butter fresh from the churn, let it stand till almost cold, then pour it clear from the milk into the meat and mix well with a spoon. Put it into the pots

that it is to be kept in, and cover with clarified salt butter.

### Pickle for Twenty Pounds of Beef.

2½ lbs. common salt ;  
 ½ lb. bay salt ;  
 ¾ lb. sugar ;  
 2 ozs. saltpetre ;  
 2 teaspoonsful pepper ;  
 1 teaspoonful peppercorns ;  
 2 gallons water.

Mix well, boil for twenty minutes and skim. Let it get quite cold. Pour over your beef, and turn the meat, and baste it well every day for a fortnight.

### Pickle for Tongue.

1 lb. salt ;	} Mix thoroughly
¼ lb. coarse sugar ;	
½ oz. sal prunelle ;	
½ oz. saltpetre.	

Rub the tongue every day for three weeks with the above.

Boil slowly for four hours.

The most economical mode of using a tongue is to put it after boiling in a mould sold for the purpose, and to press it till cold ; then surround the sides with a band of paper, and cut the slices in the same manner as brawn.

## CHAPTER XVI.

*MUTTON AND LAMB.***Boned Leg of Mutton.**

TO execute this dish, some practice in boning is required if the cook is the operator. The butcher will sometimes do the boning either of a piece of beef for roasting or of the leg of mutton, and send the bones separate to be used for soup.

The under-side of the leg of mutton is the part where the incision is to be made. Begin at the knuckle end, which is to be kept in or replaced, and go on to the joint, cutting the bone out with as little meat as possible adhering to it. When this is done, cut off from the bones any flesh that may be on them, and use it with the stuffing.

The forcemeat or stuffing, which is to fill up the place where the bone was, is to be made of ham or bacon, onion, parsley, mushrooms, and either veal or rabbit, partly chopped, partly pounded ; season with white pepper and salt. Do not put in too much stuffing. Sew up the skin with a needle and coarse linen thread, and give the leg a long straight shape like a bolster. Roast with a cradle spit, or bake ; baste frequently ; send up a sauce, either purée of Portugal onions, or tomatoes.

### Braised Leg of Mutton.

Cut out as much of the large bone as can be done without disturbing the shape of the leg, and remove the knuckle bone. Fill up the space left by the removal of the large bone with a forcemeat well seasoned with onion, and tie firmly together. Line a stewpan with slices of bacon, onions, carrots, celery and fine herbs, put in a fresh pig's foot or calf's foot cut up, place the leg in the stewpan with two tumblers of broth or stock; when it is near boiling, place hot coals on the hollow cover of the stewpan, and let it cook by slow degrees for six hours; take out the leg of mutton, keep warm whilst you prepare the sauce by removing the fat and straining through a sieve. This is a delicious dish hot, and is good cold, but it will not bear warming up.

### Roast Mutton à la Venaison.

(American Recipe.)

A Christmas saddle of mutton is very fine prepared as follows: Wash it well, inside and out, with vinegar. Do not wipe it, but hang it up to dry in a cool cellar. When the vinegar has dried off, throw a clean cloth over it, to keep out the dust. On the next day but one, take down the meat and sponge it over again with vinegar; then put it back in its place in the cellar. Repeat this process three times a week for a fortnight, keeping the meat hung in a cold place, and covered, except while you are washing it. When you are ready to cook it, wipe it with a

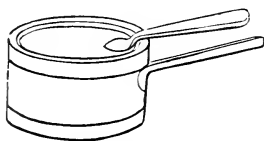


dry cloth, but do not wash it. Roast, basting for the first hour with butter and water and afterwards with the gravy. A large saddle of mutton will require four hours to roast. When it is done, remove to a dish, and cover to keep it hot. Skim the gravy, and add half a teacupful of walnut, mushroom, or tomato catsup, a glass of Madeira wine, and a table-spoonful of browned flour. Boil up once, and send to table in a sauce-boat. Always have red-currant or some other jelly handed with roast mutton. If properly cooked, a saddle of mutton, prepared in accordance with these directions, will strongly resemble venison in taste.

### Neck of Mutton and Rice.

Take off the scrag end and trim the neck very neatly ; remove the greater part of the fat. The scrag and trimmings go to the stock-pot ; the fat to the clarifying pot.

Wash  $\frac{1}{2}$  lb. of rice ; slice up two onions, and cut into squares of an inch each way  $\frac{1}{2}$  lb. of streaky bacon. Put the mutton and these accessories into a



COPPER STEWPAN.

stewpan with enough water to prevent burning. Keep adding water, so that the rice may swell and

the meat may stew till the cooking is done—in about three hours. Place the mutton in the middle of the dish, and the rice and bits of bacon round it.

### Mutton Steak and Potato.

Cut off from the thick end of a tender leg of mutton one or two steaks  $1\frac{1}{2}$  inches thick, sawing off the bone and allowing it to remain in the steak. If there is any doubt as to its being tender, score the surface on each side, but take care not to let any of the gravy escape. Season with pepper and salt, and broil on the gridiron. Cut uncooked potatoes into fillets, almonds, or other shapes ; fry in butter, and garnish the steak with them. Serve very hot.

It is far better to cut off a couple of steaks from a leg, and dress them as described, than to roast the leg whole and hash up what is not eaten when first served two or three days after.

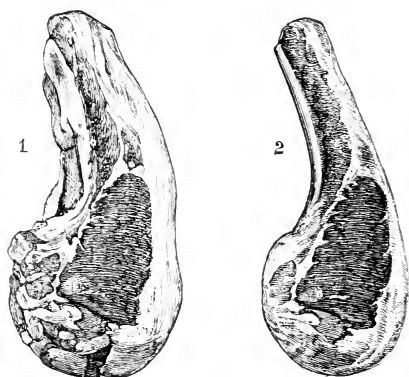
### Mutton Cutlets.

Cutlets are cut from the best end of the neck, which must be small, and hung long enough to be tender. The scrag should be taken off before the neck is hung, and made into broth or stew.

A cutlet requires to be neatly cut and carefully trimmed ; each cutlet should have a bone, but not a long awkward bone. The skinny parts must be cut away, and the small bones at the end of the rib neatly removed ; these scraps will go into the stock-pot.

The cutlet must then be beaten with a cutlet bat or chopper dipped in cold water, always taking care to make or keep it a good shape—that is, four inches long, two broad at the middle, neatly rounded off at the thick end, and with the rib half an inch beyond the meat.

In order to arrange cutlets neatly on a dish, they must be as nearly as possible of the same size and shape, and it is often necessary to use two necks of



CUTLETS UNTRIMMED AND TRIMMED.

mutton. If the scrags and trimmings are made a proper use of, the arrangement is not extravagant. A cutlet for each guest must of course be provided. If a neck of mutton cuts into ten cutlets, and there are twelve guests, secure a further part of the 'best end,' to enable the requisite number to be sent to table.

Cutlets may be broiled ;

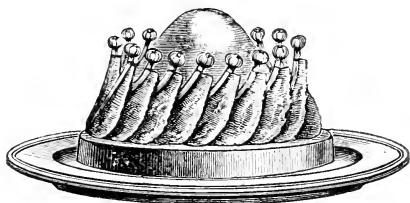
Or *sautés* ;

Or braised ;

Or fried in a coating of breadcrumbs.

Cutlets broiled are a breakfast or luncheon dish. The fire for broiling must be clear, the gridiron is greased and placed on the fire till it is hot ; and the cutlet must be treated as a ' Mutton Chop.'

For a dinner dish the cutlets, when to be *sauté*, are placed in the *sauté*-pan, in which butter is already melted ; they must be turned at the end of five minutes, and then allowed to *sauter* for about five minutes longer. Dress on a circular dish in a crown ; fill the centre with a macédoine, or a purée of vegetables, and pour sauce round ; or serve plain if preferred.



MUTTON CUTLETS.

Mutton cutlets for a dinner dish may be egged, and breadcrumbed and fried.

After the first coating of breadcrumbs and egg, just dip them in clarified butter (on a plate) and repeat the process of breadcrumbing with egg ; smooth with a knife. Fry a nice colour, and dress as described before—either with vegetables in the centre or plain. Serve sauce in a sauce tureen. The vegetables for the centre of a dish of cutlets may be a macédoine ; or of one kind, as peas, French beans, cauliflower ; or a purée—turnips, spinach, potato, haricots, &c.

### Braised Mutton Cutlets.

Cutlets for braising should be cut somewhat thicker than when they are *sauté*, &c. The fleshy part of the cutlet may have pieces of truffle and ham, or tongue, run right through with a large larding needle. These pieces are not to project as is the case when the larding is intended to show.

The cutlets are to be braised in good stock, as described in the chapter on braising. They must be pressed between two plates ; trimmed again, then just warmed in the sauce, and dressed in a crown as described before. Surround them with soubise sauce, or with a brown sauce, and put vegetables in the centre.

### Prince of Wales' Cutlets.

A breast of mutton is to have the superfluous fat trimmed away ; it is to be simmered in the stock-pot till tender enough to allow the bones to be slipped out.

Press it between two dishes with a weight on them.

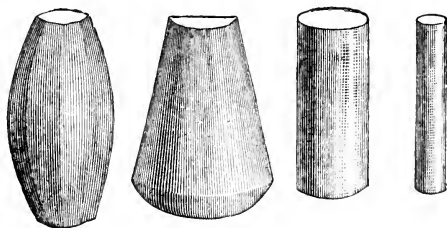
Cut into squares or lozenges ; egg and bread-crumb, and either fry or broil. Dress on the entrée dish as you would cutlets, and serve with a purée of turnips in the middle, and gravy in a sauceboat. The turnips must be boiled and passed through a tamis, and then the purée wrung in a cloth to drain out all the water before cream, pepper and salt are added. Serve very hot.

### Mutton Cutlets Stewed.

Cut a quantity of carrots, turnips, and potatoes, all to the size of olives. Trim some cutlets, and toss them in butter, with a sprinkling of pepper and salt, till they begin to colour ; put them in a stewpan with the carrots, about a pint of stock free from fat, a spoonful of French tomato sauce, and a bundle of sweet herbs, let them stew gently for fifteen minutes, then add the potatoes, and lastly the turnips ; let the whole stew gently till meat and vegetables are quite done ; add a piece of butter rolled in flour, a small piece of glaze, and more pepper and salt. Take out the bundle of sweet herbs, and serve the cutlets round the vegetables with as much of the gravy as is required.

### Haricot Mutton.

Take cutlets from the neck or breast of mutton. Remove the fat parts, fry slightly on both sides.



SHAPES OF CUT VEGETABLES.

Make a 'roux' with flour, and the fat in which the cutlets have been fried ; when it is a fine yellow-brown

colour, dilute it with broth. Add pepper, salt, fine herbs, and leeks or onions, and set on to braise. Cut turnips and carrots to the shape of almonds, dice, or bits of macaroni, fry in butter, and put with the cutlets. As carrots take much longer than turnips, they must be put in earlier. The turnips require half an hour. Dress the cutlets in a circle; place the vegetables in the centre, and the sauce round.

### Mutton Chops.

A fine chop will take twelve minutes to cook; a thin one ten minutes.

Put the gridiron on the fire to let the bars get hot.

Take the chop with a pair of tongs, or a spoon and a knife, and put it on the gridiron, which must be on very hot coals.

Turn the chop *six times*, always using the tongs, because a fork lets out the gravy.

Have ready a hot plate and a cover; some salt and pepper if liked.

### Mutton Chops with Sauce Piquante.

Take some chops from a loin of mutton, trim them neatly, and remove all fat; lay them in a deep dish with slices of onion, a few cloves, whole pepper, salt and sweet herbs. Add oil and vinegar in equal parts just sufficient to cover them; let them marinade for ten or twelve hours, turning them occasionally, then broil over a clear fire; arrange them neatly on a dish. Fry one or two shallots, minced very finely, in butter; when just beginning to take colour, pour

on to the chops, and serve with a sharp sauce in a sauce boat.

### Irish Stew.

This is an excellent dish for luncheon, as it is none the worse for being kept warm after it is cooked. The economical plan is to use the short curved bones of a neck of mutton, the scrag being put into the stock-pot ; the 'best end' used for cutlets or as a joint.

Allow a bone for each person, and twice the weight of potatoes to that of mutton.

Put a layer of sliced potato in a stewpan, then a layer of sliced onions and turnips, then the mutton (pepper the mutton), then a layer of onions and turnips, then another of potatoes. Let it stew on the hot plate, or in the oven ; after about half an hour pour in a small tea-cupful of hot water, little by little. Stew for two hours. Most Irish stews are spoiled by wateriness, the result of a quantity of water being poured in at first.

### Hashed Mutton and Beef.

When there is enough cold meat to be cut into tidy slices, and a warm dish is desired, make a hash instead of a mince.

Prepare a good sauce, with any cold gravy or sauce that may be available, and flavour it to taste. Catsup is disliked by many people. Harvey sauce gives a burning taste, and causes thirst afterwards.

Good gravy, fried onions, chopped lemon-peel, and a squeeze of lemon-juice are the best assistants



to a good hash. The sauce must be quite finished, hot, and ready to receive the slices of meat, which must only be warmed, not boiled in it. All hashes must be served very hot, in a deep dish ; must be garnished with toasted bread, and a flat piece of toasted bread should be laid in the centre of the dish, and the slices of hashed meat laid on it, so as to give a better look to the dish.

### Haggis, or 'Hachis.'

Parboil the heart, liver, and lights of a sheep (save the broth), mince them extremely fine, removing any hard or stringy parts. Mince  $\frac{1}{2}$  lb. of suet, season with pepper, salt, and chopped onions, and mix in a pint of oatmeal, which must be partly baked. Reduce the broth by boiling down, and use to make the mixture into a paste. Half fill the stomach or paunch, which has been thoroughly cleansed and boiled in salt and water previously. Sew it up neatly, and boil for three hours. An easier mode is not to use the paunch, but to boil the haggis in paste as an ordinary beef-steak pudding.

Rissoles or patties may be made from the haggis.

### Sheep's Brains.

Take three sets of brains, put them in cold water with a teaspoonful of vinegar, and let them disgorge for an hour. Drain the brains, coat with batter, or with breadcrumbs and egg, and fry. Prepare fried parsley as a garnish, and dish up on a napkin, arranging the brains in a pyramid.

It is absolutely necessary that brains should be quite fresh, they spoil by even one day's keeping in summer.

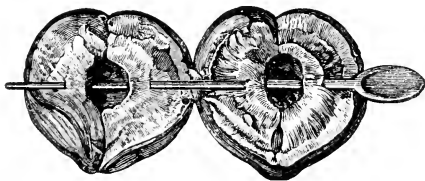
### Brain Patties.

Let the brains disgorge in water with a few drops of vinegar, drain and dry them ; divide into small pieces. Prepare a cream, or Béchamel sauce ; stir in the small pieces of brain. Fill with this mixture little china soufflé cases, and bake in the oven for about ten minutes. The surface should just look golden here and there.

Breadcrumbs browned, or grated tongue, may be strewn on the surface. Arrange the soufflé cases on a napkin.

### Kidneys Grilled.

Cut open the kidneys in the middle, but do not separate them, run a small silver skewer through



KIDNEYS.

the two halves, season with pepper, salt, and salad oil, cook them on the gridiron, place them on slices of toast, and lay on each kidney a little bit of butter in which chopped parsley has been mixed. Add a squeeze of lemon.

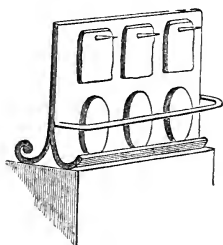
The kidney ought to be so arranged on the skewer that a little hollow is formed in the centre in which the bit of butter is placed.

### Kidneys Sautés.

Slice the kidneys, cutting away the stringy bits. Take an equal weight of butter and kidney ; dredge with flour, and *sautéz* ; add two tablespoonsful of hot stock, into which some chopped fine herbs and a teaspoonful of Maille vinegar have been stirred.

### Turkish Kabobs.

Cut into thin slices two large onions, and two large apples which have been pared and cored ; arranging to have eight pieces of each. Cut eight pieces of streaky bacon to the thickness of a penny, and as many of the lean part of a neck of mutton or loin of veal. The pieces must be about two inches in diameter. There will be thirty-two pieces. Lay them flat in a dish, sprinkle with curry powder, a little ground ginger and salt. Let them imbibe this seasoning for two hours, then string them on a skewer in the following order : meat, onion, bacon, apple, then meat, and so on.



TOASTING FRAME.

Wrap the skewers in buttered paper, and either bake in the oven, or roast in front of the fire. They will take quite an hour and a half to cook.

If the skewers are silver, send them up as they are. If ordinary skewers, slip the kabobs off, and send them up in a border of rice, which must be ready prepared by the time the kabobs are done. The curry powder must not be too hot. A very delicate curry sauce may be sent up with them in the same dish, or in a sauce tureen.

### **Turkish Kabobs. No. 2.**

Cut the lean of a neck or loin of tender mutton into dice about one inch square ; have ready chopped onions and tomatoes (fresh or preserved), and rub the pieces of mutton. Let them stand in the mixture for two or three hours ; then place about four pieces of mutton on a short silver skewer (about six skewers make a dish) ; place them in front of the fire, and turn as the meat becomes brown, basting with the tomato juice and sprinkling with flour. Dish up by laying two skewers side by side, two across these, and the other two again across. Mix the tomato juice and the gravy which has run out (or a little clear gravy) and pour round the kabobs. If you have no silver skewers, the dish can be made with ordinary skewers ; but they must not project much beyond the kabobs. The bones and scraps of mutton left will make broth or Irish stew.

**‘Chillo.’**

Take the lean part of half a loin of mutton (not cooked) and chop fine. Chop very fine a small portion of the fat, taking care there is no skin ; add salt and black pepper, and mix thoroughly.

Slice two large onions and one cucumber, from which the seeds must be carefully removed, two lettuces cut into shreds,  $\frac{1}{2}$  pint young green peas, a bunch of thyme,  $\frac{1}{4}$  lb. clarified butter, and a small tea-cup of weak broth. Let the meat and vegetables stew together for four hours. Place it in the middle of a dish and surround with rice, boiled as for curry.

**Epigramme of Lamb.**

Braise the breast of lamb till it is tender enough for the bones to be taken out, without however disturbing the meat ; save the bones. Press the meat between two dishes with a weight on the upper dish. Cut the meat into the shape of cutlets, and stick in a small end of bone.

Meanwhile prepare lamb cutlets from the neck, in the usual way. *Sautez* the neck-cutlets in butter, and after coating the breast-cutlets in breadcrumbs and egg, fry them, and arrange on an entrée dish the two sorts of cutlets, alternately. Fill up the centre with asparagus points, or any other vegetable garnish. Serve a good plain brown sauce in a tureen.

### Lamb Cutlets en Belle Vue.

From two necks of lamb cut as many cutlets as there are well-shaped bones (the scrags will make Irish stew), and lard them with tongue or ham so that the bits of tongue are level with the cutlet. Braise the cutlets with the usual vegetables on a layer of bacon, in stock for about an hour and a half, covering close all the time. Let them absorb the stock till nearly cold, then press each cutlet between two plates ; trim neatly, then set them in aspic jelly in a large shallow dish, so that each cutlet has a thin coating of jelly both under and over. A cutter the shape of a cutlet must then be used to stamp each cutlet out of the surrounding aspic. The cutter is first dipped in hot water so as to stamp more easily. Truffles may be used instead of tongue, or besides tongue. Dish in a circle ; fill the centre with mixed vegetables, (cold, of course) ; and surround either with broken jelly or a sauce, half mayonnaise, half cream.

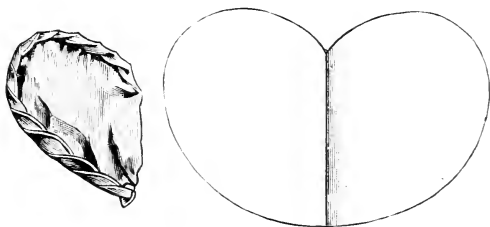
### Lamb Cutlets à la Pompadour.

Trim six cutlets, season them with pepper and salt, and *sauter* them in butter. Take them out of the pan and let them get cold. Make a stuffing with veal, pork, and bacon chopped very fine ; mix in some truffles and some fine herbs which have been par-boiled. Surround each cutlet with this stuffing ; place the whole in buttered paper,<sup>1</sup> and warm in the oven.

<sup>1</sup> See illustration on the opposite page.

### Lamb Cutlets au Parmesan.

From the best end of two necks of lamb cut twelve cutlets and partly *sautés* them. Prepare the



PAPER FOR CUTLETS.

following sauce : two tablespoonsful of white sauce, in which you have introduced six spoonsful of grated parmesan cheese. Steep the cutlets in this sauce, and then coat them twice over with breadcrumbs and egg, taking care that the surface is perfectly smooth and even ; fry them a golden brown, dish them up in a circle, and garnish with fried parsley.

## CHAPTER XVII.

## VEAL.

**Loin of Veal.**

THIS joint can either be roasted whole, and sent up with a piece of toasted bread under it, large enough to be cut into as many pieces as there are to be rations of the veal ; or it can be made to yield a number of different dishes instead of one roast. The kidney to be broiled for breakfast ; a portion of the best end to be made into grenadins ; another portion into 'cream of veal,' or into quenelles. The scraps cut off as these parts are taken away can be used for a curry, or can be put into a game or meat pie. In this way a number of entrées are obtained, of varied flavour and appearance ; and as curry is better for being made the day before it is eaten, and grenadins can be partly braised beforehand, the difficulty of keeping a loin of veal in muggy weather is successfully dealt with.

**Fillet of Veal.**

(American Recipe.)

Make ready a dressing of breadcrumbs, chopped thyme and parsley ; a little nutmeg, pepper and salt, rubbed together with some melted butter or beef suet ;



moisten with milk or hot water, and bind with a beaten egg.

Take out the bone from the meat, and pin securely into a round with skewers ; then pass a stout twine several times about the fillet, or a band of muslin. Fill the cavity from which the bone was taken with the stuffing, and thrust between the folds of the meat, besides making incisions with a thin sharp knife to receive it. Once in a while slip in a strip of fat pork or ham. Baste at first with salt and water, afterwards with gravy. At the last, dredge with flour and baste with butter. Time required, from one and a half to two and a half hours.

### **Fricandeau of Veal.**

A fricandeau, to be quite satisfactory, must be made from the tenderest part of the leg ; the veal must be white and delicate. An inferior form of fricandeau is made from the best end of the neck, taking the meat clean along from the bones, and trimming neatly.

Whichever piece is used, it must be larded with fat bacon, the rows of larding being straight and close, and the needle must carry each bit of bacon some way inside the veal. The fricandeau must not be too thick, or the flavour will not permeate the whole piece. Take an oval stewpan with a drainer and place on the drainer slices of onion, carrot and celery, and a bouquet of fine herbs ; next place thin slices of fat bacon, and then the piece of veal. Surround it with broth, into which is stirred a glass of

Chablis ; do not let the broth cover the veal ; protect the larded surface with buttered paper ; put the stew-pan on the hot plate (the lid should be concave and filled with hot coals), and let it braise on a slow fire or in an oven for four hours. Baste frequently, or the fricandeau will be dry, and will not be savoury. Care must be taken that the larding points of bacon are not crushed, or charred, or discoloured by salt, which turns the veal red.

A fricandeau must be of a rich golden tint ; if on taking it out of the braising pan it is too pale, a few minutes in the oven will deepen the colour. The sauce must be allowed to reduce before sending it up with the fricandeau. A purée of sorrel can be laid round the dish, or sent up separate. Spinach or tomatoes may be used instead of sorrel.

### **Veal Steak.**

(American Recipe.)

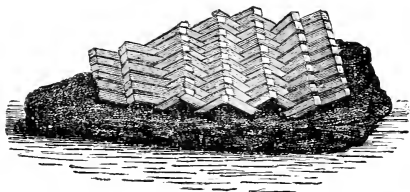
This should be thinner than beefsteak, and be done throughout. Few persons are fond of raw veal. Broil upon a well-greased gridiron over a clear fire, and turn frequently while the steaks are cooking. Put into a saucepan four or five young onions minced fine, a large teaspoonful of tomato catsup, or twice the quantity of stewed tomato, a lump of butter the size of an egg, and a little thyme or parsley, with a small teacupful of broth. Let them stew together while the steaks are broiling, thickening before you turn the gravy out, with a spoonful of browned flour. Add, if you please, a half-glass of wine. Boil up once

hard, and when the steaks are dished up, with a small bit of butter upon each, pour the mixture over and round them.

Spinach or sorrel is as natural an accompaniment to veal as green peas to roast duck.

### Braised Veal Cutlets

Trim and lard very closely. Garnish the bottom of a shallow stewpan, or a *sauté*-pan which has a cover,



LARDED CUTLET.

with a layer of bacon, slices of carrot, onion, celery and a bouquet of fine herbs. Place the cutlets on this bed, moisten with stock, cover with buttered paper, and set on the fire. When it has come to the boil, remove and put in the oven to braise for  $1\frac{1}{2}$  hours. *Keep on basting* with the stock and liquor in the pan. When nearly done, take away all the stock, and use it for making the sauce for the cutlets; according as it requires to be made thinner add more stock; or thicker, boil down. A glass of Chablis and a squeeze of lemon must be added. Strain and reduce again if necessary.

### Veal Cutlets à la Drayton.

Simmer half a dozen cutlets in stock and put them between two dishes with a weight on the top dish. When cold coat each cutlet with a thick brown sauce in which *pelures de truffes* have been cooked. The coating must be on both sides, and to make the next coating adhere, it is necessary to flour and egg the cutlets. This last coating must be of fine breadcrumbs and clarified butter. *Sautez* the cutlets a gold colour ; heat a skewer and mark a brown line across each cutlet, to give it the appearance of being grilled. Serve on a napkin, with a delicate white sauce in a tureen.

### Tendrons of Veal.

These are prepared from the breast ; they are not bone, they are not meat, but a sort of gristle to which a little meat adheres. This gristly portion of the breast must be braised in good stock with the usual vegetables and fine herbs, for at least four hours. When white and tender the piece of gristle is to be pressed between two dishes till cold. The tendrons are made by cutting the gristle into round pieces the size of a crown, or rather larger. Each piece must be glazed ; they must be warmed in rich sauce, and dressed in a circle on the entrée dish, a purée of spinach or sorrel in the centre, and sauce, nearly half glaze, round.

## Veal Scallop.

(American Recipe.)

Chop some cold roast or stewed veal very fine, put a layer in the bottom of a buttered pudding-dish, and season with pepper and salt. Next have a layer of finely-powdered rusks. Strew some bits of butter upon it and wet with a little milk ; then more veal seasoned as before, and another round of rusk crumbs, with butter and milk. When the dish is full, wet well with gravy or broth. Spread over all a thick layer of crumbs seasoned with salt, made into a paste with milk bound with a beaten egg or two. Stick butter-bits thickly over it ; invert a tin pan so as to cover all and keep in the steam, and bake—if small, half an hour ; three quarters will suffice for a large dish. Remove the cover ten minutes before it is served, and brown.

## Calf's Head.

If a satisfactory dish is to be made, the head must have the skin on.

Take out the tongue and the brains, and put them in water with a little vinegar to disgorge ; remove the eyes. Place the head in cold water to cleanse thoroughly, and then boil it only long enough to enable the bones to be taken out. If the head is to be sent up in two halves, divide it neatly, complete the cooking in a white sauce, as described for fricassee of chicken. Make cakes or little balls with the brains for garnish, and use the tongue—which must be boiled by itself—for garnish also.

If the dish is intended for an entrée, proceed as before till the head is tender, then take it out of the water, drain and wipe dry, cut into round pieces  $2\frac{1}{2}$  inches in diameter, or squares about the same size. Press these between two plates.

Meanwhile prepare a rich sauce.

Warm the pieces of calf's head in a little good stock, dress them in a circle, surround them with the sauce, and fill the centre with button mushrooms, egg-balls, brain-balls, or truffles.

All sauces for calf's head must have a little white wine, such as Chablis, and a squeeze of lemon, as the meat itself is rather tasteless.

### Calf's Head à la Ste.-Ménéhould.

If the pieces of calf's head are not of the shape to make a neat entrée as in the previous recipe, this mode of dressing is suitable.

Make a sauce with butter, flour, salt and pepper, and season with lemon-juice ; let it get cold enough to set, dip each piece of meat in it, then coat with bread-crumbs, dip in butter and brown, or rather *gild* ; give a second coating of breadcrumbs and butter, and finish in the oven, or before the fire. Serve on a napkin and garnish with fried parsley.

### Croquettes of Calf's Brains.

(American Recipe.)

Wash the brains very thoroughly until they are free from membranous matter and perfectly white. Beat them smooth ; season with a pinch of powdered

sage, pepper and salt. Add two tablespoonsful of fine breadcrumbs moistened with milk, and a beaten egg. Roll into balls with floured hands, dip in beaten egg, then rusk-crumbs, and fry in butter or veal-drippings.

These make a pleasant accompaniment to boiled spinach. Heap the vegetable in the centre of the dish, arrange the balls about it, and give one to each person who wishes for spinach.

### Liver and Bacon.

Secure a calf's liver, and do not let it hang, as it soon becomes dry and leathery. Cut into pieces the thickness and shape, as near as may be, of a cutlet. Fry some bacon, and with it the liver, sprinkling with pepper, parsley and fine herbs. Arrange the liver and bacon in alternate order, on the dish before the fire; throw a few chopped shallots, and a sprinkling of flour into the frying pan, with a squeeze of lemon; let it warm, and pour into the centre of the dish with a gravy pourer.

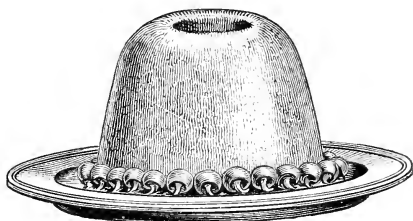
The liver must not be over-fried, or its flavour is destroyed.

### 'Pain' or Cake of Calf's Liver.

Take the best parts of the liver—which must not have been 'kept'—and weigh an equal quantity of the fat of bacon (this should have been boiled); pound it in a mortar with pepper, salt and parsley.

Cut into dice a couple of onions and fry. Cut into similar dice some ham, or the lean of the bacon,

and mix with the pounded material. Mix in the yolks and whites (beaten separately) of three eggs and



‘PAIN’ OF CALF’S LIVER.

work them in thoroughly. Fill a plain mould, and steam, as is done for *crème de volaille*. Turn out, surround with thin brown sauce in which fine herbs can be seen as well as tasted, or garnish with button mushrooms.

This is a refined form of liver and bacon.

### Cream of Veal.

Take the tenderest part of a fillet of veal, uncooked. Pound in a mortar, add an equal weight of bread steeped in boiling milk. Mix thoroughly; stir in the yolk of one and the white of two eggs, enough cream to make it the proper thickness; season with pepper and salt. Put it in a plain mould, or in a number of little moulds which may be decorated with thin slices of truffles, or ham, or tongue.

Steam for about one hour; if allowed to boil, or to remain too long on the fire the dish will be spoiled by becoming tough and leathery; it should melt in the mouth. Turn out and surround with a *sauce à la Périgueux*.



### Quenelles.

The principle is the same whether the quenelles be made of uncooked fish, flesh, poultry, or game.

The meat is pounded in a marble mortar, and half its weight of the fat part of a ham or of boiled bacon is worked in ; and after passing through a sieve, cream is added to soften the mixture, with pepper and salt in very moderate quantities.

Instead of the fat of bacon, beef suet may be used, and a small quantity of milk. Both these modes will produce very fair quenelle meat, but the most dainty quenelle meat is made by using cream, or the larger proportion of cream, instead of bacon and suet.

Test the quenelle meat by poaching a very small portion in hot water for a few minutes. Open the sample, and thus ascertain if it is smooth, light, yet firm.

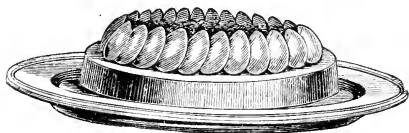
The quenelle meat is either placed in small dariole moulds and steamed in a bain-marie, or it is moulded with two tablespoons into the shape of a flattened egg ; it is poached in broth or stock of a pale colour for about ten minutes in the *sauté* pan. The quenelles are then arranged on the entrée dish and surrounded with rich brown sauce, or a purée of mushrooms. As quenelles contain either cream, or substitutes for cream, it is false taste to add a cream sauce.

A variety of quenelle is made by giving to each quenelle a core of dark meat made by chopping up ham or tongue, mushrooms, or truffles.

### Quenelles. No. 2.

One pound of lean veal cut from the leg. Scrape it with a knife ; pound it, and rub it through a wire sieve on to a plate. Steep 1 lb. of bread in tepid water, and wring it in a cloth to get out the moisture. Put it in a stewpan with 1 oz. of butter and a little salt. Stir it over the fire with a wooden spoon until it ceases to stick to the pan and forms a smooth paste. Place it between two plates to cool.

Put in a mortar 12 ozs. of the prepared veal, 6 ozs. of fresh butter, and 8 ozs. of the bread panada. Pound these well together ; mix in gradually three whole eggs and two tablespoonsful of good white sauce and the yolks of two more eggs. Season with pepper and salt ; and when the forcemeat has been well mixed by pounding it into a smooth compact body, take it out of the mortar, put it into a basin, and keep in the cool until required for use.



QUENELLES.

Form the quenelles with two tablespoons, poach them in the ordinary way, dish them in a circle, and garnish the centre with any vegetable, or mushrooms, &c.

Very small quenelles about the size of an almond are used in clear soups, taking the place of vegetables,

custard-mixture, &c. The allowance is two or three to each soup plate.

### Sweetbreads.

A sweetbread is so tender if simply dressed that the attempt to improve it by braising only destroys its flavour.

It should be parboiled as soon as it comes from the butcher, as it is liable to turn sour.

Sweetbreads are a dainty and not very expensive dish in the country. They are so dear in towns as to be only used where cost is no object.

The sweetbread is to be cut into pieces about three-quarters of an inch thick, egged, and bread-crumbed, and fried a golden brown. Crisp fried parsley must be ready. The pieces of sweetbread are dressed in a circle on a napkin, and the parsley is placed in the centre. Slices of lemon may be handed round or used as a garnish.

If it is necessary to make a small quantity of sweetbread into a large number of rations, the best mode is to use them as filling for croustades. The croustade paste is placed in tins—oval, round, or lozenge-shaped, as best suits the dish on which they are to be arranged.

The sweetbread is cut in dice, warmed in white sauce with button mushrooms, or truffles cut in dice, and the croustades are filled neatly and placed on a napkin on the entrée dish.

Lamb's fry is treated exactly like sweetbread—parboiled, fried, &c.

### Galantine of Breast of Veal.

Bone the breast and spread it out as flat as possible on the board, pare off the meat at the ends so that the skin may project beyond ; take all the scraps of meat and chop small, add an equal weight of the fat of bacon—dice of tongue, truffles, pistachio nuts or, if liked, olives, pepper and salt. The large dice must be at equal intervals in this stuffing ; the breast is rolled round a mass of the stuffing and sewn together ; it is fastened up in a cloth, and bands of tape passed round so as to keep the whole in shape. The galantine is then to be braised for six hours in weak stock, which can be made with the bones of the breast and a calf's foot. Let the galantine be cold before it is untied. Glaze before sending up.

### Jellied Veal.

(American Recipe)

Wash a knuckle of veal and cut it into three pieces. Boil it slowly in very little water until the meat will slip easily from the bones ; take it out of the liquor, remove all the bones, and chop the meat fine. Season with salt, pepper, two shallots chopped as fine as possible, thyme or sage. Put back into the liquor, and boil until it is almost dry, and can be stirred with difficulty. Turn into a mould until next day. Set on the table cold, garnish with parsley, and cut in slices. The juice of a lemon, stirred in just before it is taken from the fire, is an improvement.

## **Veal Marble.**

(American Recipe.)

Boil an ox tongue the day before it is to be used, and a like number of pounds of lean veal, or the lean of a well-cooked fillet will do as well. Grind first one and then the other in a sausage-cutter, keeping them in separate vessels until you are ready to pack. If you have no machine for this purpose, chop exceedingly fine. Season the tongue with pepper, powdered sweet herbs, a teaspoonful of made mustard, a little nutmeg, and cloves—just a pinch of each ; the veal in like manner, with the addition of salt. Pack in alternate spoonsful, as irregularly as possible, in cups, bowls, or jars which have been well buttered. Press very hard as you go on, smooth the top, and cover with clarified butter. When this cools, close up the jars, and keep in a cool dry place. Turn out whole, or serve in slices. It is a pretty and savoury relish, garnished with parsley or the blanched tops of celery. You can use ground ham instead of tongue. It is hardly so good, but is more economical.

## **Imitation Pâté de Foie Gras.**

(American Recipe.)

Boil a calf's liver until very tender in water that has been slightly salted, and in another vessel a nice calf's tongue. Do this the day before you make your pâté, as they should be not only cold, but firm, when used. Cut the liver into bits, and rub these gradually to a smooth paste in a mortar, moistening,

as you go on, with melted butter. Work into this paste, which should be quite soft, a quarter-teaspoonful of cayenne pepper, or twice the quantity of white or black pepper, half a grated nutmeg, a few cloves, a teaspoonful of Worcester sauce, salt to taste, a full teaspoonful of mustard, and a tablespoonful of boiling water, in which a minced onion has been steeped until the flavour is extracted. Work all together thoroughly, and pack in jelly jars with air-tight covers, or if you have them, in *pâté* jars. Butter the inside of the jars well, and pack the *pâté* very hard, inserting here and there square and triangular bits of the tongue, which should be pared and cut up for this purpose. These simulate the truffles imbedded in the genuine *pâtés* from Strasburg. When the jar is packed, and smooth as marble on the surface, cover with melted butter. Let this harden, put on the lid, and set in a cool place. In winter it will keep for weeks, and comes in well for luncheon or tea.

The resemblance in taste to the real *pâté de foie gras* is remarkable, and the domestic article is popular with the lovers of that delicacy. Pigs' livers make a very fair *pâté*. If you can procure the livers of several fowls, and treat as above, substituting bits of the inside of the gizzard for truffles, you will find the result even more satisfactory.

## Calf's Head in a Mould.

(American Recipe.)

Boil a calf's head until tender, the day before you wish to use it. When perfectly cold, chop—not too small—and season to taste with pepper, salt, mace, and the juice of a lemon. Prepare half as much cold ham, fat and lean, also minced, as you have of the chopped calf's head. Butter a mould well, and lay in the bottom a layer of the calf's head, then one of ham, and so on until the shape is full, pressing each layer hard, when you have moistened it with veal gravy or the liquor in which the head was boiled. Pour more gravy over the top, and when it has soaked in well, cover with a paste made of flour and water. Bake one hour.

Remove the paste when it is quite cold, and turn out carefully. Cut perpendicularly.

This is quite as good a relish when made of cold roast or stewed veal and ham. It will keep several days in cool weather.

## CHAPTER XVIII.

## PORK.

**Roast Spare Rib.**

WHEN first put down to the fire, cover with a greased paper until it is half done. Remove it then, and dredge with flour. A few minutes later, baste once with butter, and afterwards at short intervals, with its own gravy. This is necessary, the spare rib being a very dry piece. Just before you take it up strew over the surface thickly with fine breadcrumbs seasoned with powdered sage, pepper, and salt, and a small onion minced into almost invisible bits. Let it cook five minutes, and baste once more with butter. Skim the gravy, add half a cupful of hot water, thicken with brown flour, squeeze in the juice of a lemon, strain, and pour over the meat in the dish.

Hand round apple or tomato sauce with it, or if you prefer, put a spoonful in the gravy, after it is strained. Time, two hours to two and a half hours.

**Pork Cutlets.**

It is essential that the cutlets should be taken from a tender neck of pork, with very small bones. The cutlets must be cut and trimmed in the same



way as mutton and lamb cutlets,<sup>1</sup> and they must be *sauté* for twenty minutes.

The colour is to be a golden brown, and each cutlet is to be carefully turned with a pair of cutlet-tongs, so that both sides are coloured, and that the cutlet keeps its shape—that is, does not curl up, as would happen if allowed to remain till one side was quite coloured. Serve with a Robert sauce, or a tomato sauce.

### Pork Cutlets. No. 2.

Select young tender pork with small bones. Cut the cutlets thin, but with a bone in each if possible. Trim them to a neat shape (use any scraps left for a pie). Steep them for three days in a bath of salad oil, sliced onion, pepper, bay-leaf and parsley. Take care to turn the cutlets, and cover them with the mixture several times a day. Let the cutlets drain, then either fry or broil them thoroughly; and serve neatly arranged in a circle, with Robert sauce round.

### Pigs' Feet à la Ste.-Ménéhould

Put four pigs' feet in pickle for a day and a half, drain and wipe them dry; braise till they are tender enough for the bones to be slipped out, but do not break the skin, bind up with tape and finish braising, put them under a weight to press and cool. Egg and breadcrumb, and either grill or fry. Serve on a napkin with crisp parsley, and hand round Robert sauce or tartar sauce if desired.

Another way is to extract all the bones and re-

<sup>1</sup> See illustration on p. 161.

place them by a quenelle meat with chopped truffles in it. The feet can be fried in batter instead of in egg and breadcrumbs.

Pigs' feet require long and slow braising, and as they require the previous pickling, they must be secured at least three days beforehand. They do not require 'keeping.'

Calves' feet may be dressed in the same way.

### **Broiled Ham.**

Cut in slices. Wash well and soak in scalding water in a covered vessel for half an hour. Pour off the water and add more boiling water. Wipe dry when the ham has stood half an hour in the second water, and lay in cold water for five minutes. Wipe again, and broil over or under a clear fire.

Cold boiled ham, that is not too much done, is better for broiling than raw ; it does not require soaking.

Pepper before serving.

### **Steamed Ham.**

This is by far the best way of cooking a ham. Lay in cold water for twelve hours ; wash very thoroughly, rubbing with a stiff brush to dislodge the salt and smoke on the outside. Put into a steamer, cover closely, and set it over a pot of boiling water. Allow at least twenty minutes to a pound. Keep the water at a hard boil.

Spinach or some other green vegetable should be handed with it.

### To Boil a Ham.

Place a layer of sweet hay at the bottom of the saucepan, and the ham on that ; mix beer and water—one-third beer and two-thirds water ; simmer the ham in this mixture for six hours. If the ham is dry or hard, put some dripping in the saucepan when it has been on for three hours.

### To Cure a Ham about 18 lbs. Weight.

Take 1 lb. common salt ;  $\frac{1}{4}$  lb. bay salt pounded fine ; 1 lb. coarse sugar ; 2 ozs. saltpetre pounded fine ; 2 ozs. ground pepper. Mix these well together, and then rub them by degrees into the ham for an hour, or until the whole of the ingredients are quite dissolved ; the ham is to be turned and rubbed every day for a month in its own liquor. Then drain it well, rub over with bran, and let it dry thoroughly, smoke over a wood fire, but at such a distance that the process is very gradual. Some people put only half the quantity of saltpetre and less sugar.

### To Pickle Hams.

Begin by rubbing the leg of pork all over with treacle ; 1 lb. will be required. Take care to rub the treacle well round the knuckle, and at the thigh bone end, so that it penetrates under the skin and round the bones.

Put in a pan and pour over a quart of vinegar. Baste it for three days, then mix 1 lb. bay salt with  $1\frac{1}{2}$  lbs. saltpetre, pound and rub in. Cover with 2 lbs. common salt, and let it remain for three days.

Then stir up all this pickle, and keep rubbing it in once a day for a month. Drain the ham, rub over with bran, and dry thoroughly before smoking.

The pickle can be used for other meat, but the meat must be salted for twenty-four hours, and then drained dry before the pickle is used for it. After two months' use it must be boiled, and can then be used for pickling beef.

### Pickle for Pork.

Ascertain how much liquid the tubs or leads in which the pork is to steep will hold. Put that quantity of water in a boiler, and when it boils mix in the salt by degrees. The way to ascertain whether enough salt is in the water is to boil an egg in it, and when the egg floats, the proper proportion of salt is attained. Pour the brine into an earthenware vessel, and let it cool, then pour into the salting vessels. The pork must be cut into suitable pieces, must be completely covered by the brine; the thin pieces of pork require some stones placed on them. The salting pans must be kept closely covered, and when a piece of pork is taken out for use, care must be taken not to interfere with the other pieces. No copper vessel or brass weight must come near pickle. The tubs or leads must be faultlessly sweet and clean, and be perfectly dry when the pickle is first put in.

When all the pork has been used, the brine is to be boiled and skimmed. It requires nearly a fortnight to fit the pork for boiling. It increases in size during the process of boiling.

A wooden spoon is to be used in making and moving the brine.

### Sucking Pig.

A sucking pig at the beginning of autumn is not a bad dish, though it is not acceptable to all palates. It must be roasted before a brisk fire, and must be well basted with, at first, hot water which has been put in the dripping pan with a pinch of salt ; pour away this water, replace it with salad oil, and continue to baste ; or take with a pair of tongs a piece of fat bacon, and rub it up and down the 'crackling.' The object is to keep the crackling from scorching, and to render it crisp.

Make some balls with onion, sage, and bread-crumbs. Coat with breadcrumbs and eggs, fry and use for garnish ; a better mode than stuffing with onion and sage. A purée of apples or tomatoes may be served with sucking pig.

### Galantine of Sucking Pig.

The body of the sucking pig must be carefully boned, the feet and head excepted. All the bits of meat which come off in the process of boning, a quantity of veal or of rabbit, of fat bacon, and of panada must be pounded in a mortar and seasoned ; and another smaller quantity of fillets of rabbit, bacon, truffles, and the liver of the pig must be made ready.

Put a layer of the pounded meat, and then one of the mixed fillets in the pig, till you have filled it up ;

then sew up the opening. Try to arrange it so as to preserve the shape. Fasten up in a cloth as other galantines, and braise slowly in weak stock with the usual vegetables for from three to four hours. Do not remove the cloth until it is cold.

### **Brawn.**

The tin in which the brawn is made is to be a cylinder, of nine inches by seven inches. The sides must be perforated with small holes like a rushlight shade.

Take a pig's head, feet, ears, and tongue, and a calf's foot (or cow's heel), let them be well turned and rubbed in pickle for six days. Boil slowly for seven hours. The head requires less than four hours to boil, the feet nearly seven. Remove all the meat and gristle from the bones, and cut, or tear into suitable pieces; the tongue is to be cut into larger bits. Season with mixed spice and pepper. Arrange the skin next the sides of the tin, put a layer of meat and bits of tongue here and there, and so fill the tin with all your material. The effect aimed at is to give the mottled look of marble to the brawn. When the tin is filled with the prepared meat, a cloth is to be laid over it, and on that a 7 lb. weight, which must remain for 24 hours.

### **Pickle for Brawn, &c.**

Pour 2 gallons of boiling water over 6 lbs. of salt. When quite cold put in  $\frac{1}{2}$  lb. saltpetre, pounded very

fine, 1 oz. bay salt, and  $\frac{1}{4}$  lb. brown sugar. Mix thoroughly.

### Boar's Head.

Pig's head, feet, and ears ;

Half a teaspoonful of black pepper, and the same of cayenne ;

4 teaspoonsful powdered sage ;

1 teaspoonful mace ;

One onion minced ;

Salt and saltpetre.

Soak the head twelve hours and lay in a strong brine, with a tablespoonful of saltpetre. Let it lie three days in this ; rinse, then boil it until you can draw out the bones. Do this very carefully from the back and under side of the head, breaking the outline of the top as little as possible. Chop the meat of the feet and ears, which should have been boiled with the head, season to taste with the spices indicated (tastes vary in these matters), beat in the brains, or two table-spoonsful of melted butter. Fill up the hollows left by the removal of the bones with this mixture. Tie in a flannel cloth, sewing this tightly into the shape of the head ; boil an hour and a quarter, and set aside to drain and cool. Do not remove the cloth until next day.

## CHAPTER XIX.

## POULTRY.

## Entrées of Chicken.

ENTRÉES of chicken must be made from small tender chickens, with the exception of Chicken Cream and a few other dishes, in which the breast only is used.

It must be borne in mind that the legs require longer cooking than the wings and breast, and are often better dealt with by forming part of an entirely different dish.

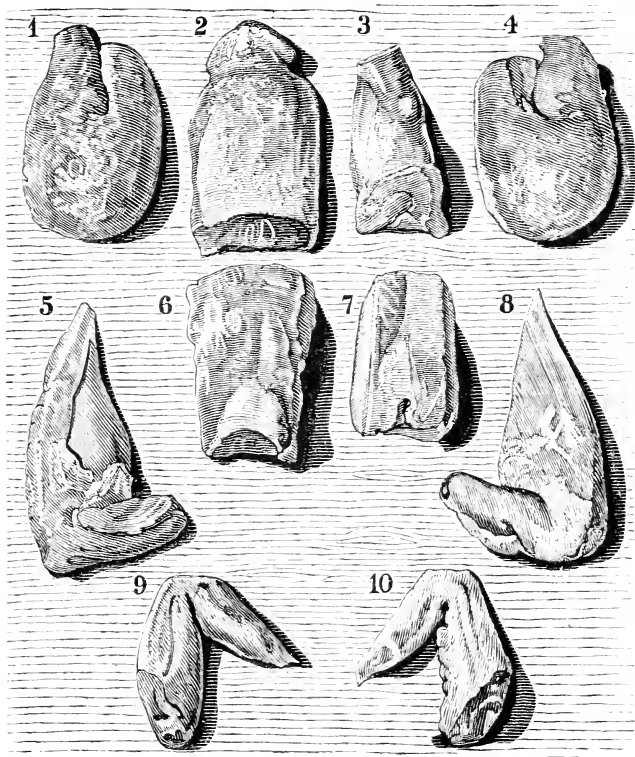
For instance, the breasts of old hens being used for Chicken Cream, the legs and wings will make a pie, which must be baked long enough to render the legs quite tender ; or they can be used for the Spanish dish Chicken and Rice (*pollo con arroz*) ; or for a curry ; or for Chicken Jelly, or for broth and stock.

The illustration shows the size and jointing of chickens which are cut up for entrées—such as chicken à la Marengo, à la viennoise—or for fricassee, when not to be dressed as a whole chicken.

These pieces cannot be arranged in a circle. They look best mounted in a pyramid, the coarser parts as the basis, the delicate parts on the top, with crisp parsley, if served dry—that is, without sauce—



with mushrooms and croûtons round them if sauce is served in the same dish.



CHICKEN, CUT UP.

1, 4, LEGS ; 2, 3, BACK ; 5, 8, WINGS ; 6, 7, BREAST ; 9, 10, PINIONS.

### Chicken Cream.

Pound the breast of an old hen in a marble mortar ; add half a pint of double cream while pounding ;

pepper and salt to taste. Pass through a hair sieve, and work in another half pint of cream. Garnish a plain mould with tongue or ham and truffles, pour in the mixture, and steam for an hour very slowly. Serve with truffle or mushroom sauce, or a clear, but not watery brown sauce, or a purée of ham sauce.

### Cigarettes à la Reine.

Make a forcemeat with the cooked white meat of chicken, chopped truffles, and white sauce. This forcemeat must be solid enough when cold to be placed in thin paste rolled to the length and breadth of a cigar. The rolls are lightly coated with very fine breadcrumbs, and fried a golden tint. It is important that the outer coat should be crisp, and that the *à la reine* forcemeat should melt in the mouth. These cigarettes are to be sent up on a napkin, arranged in cross bars, two and two.

The forcemeat may be made of oysters instead of chicken.

### Chicken Soufflés.

These can be made with any kind of cooked poultry, game, or even meat, or with brains. The neatest arrangement for sending them to table is to have a supply of thin white china soufflé cases, which will stand the oven.

The chicken or other material is to be pounded with good stock or sauce, and passed through a tamis, the yolk of three or more eggs to be beaten and stirred in, and then the whites to be beaten and

stirred in. Fill the soufflé case, or cases, and bake for ten minutes, or till the top rises and turns a golden colour.

Tomato soufflés are made in a similar manner. Care must be taken to get rid of the watery part of the tomato before mixing with the eggs.

### **Chicken Mayonnaise.**

Roast a chicken, and be sure that it is well done. Cut it up into suitable joints ; prepare four hard-boiled eggs by cutting them in quarters ; slice up a lettuce, and arrange the joints of chicken neatly upon it high in the centre ; strew olives, anchovies, capers, and gherkins, cut into small pieces, over the chicken. Mask the whole with a mayonnaise sauce, so that nothing be seen but the mayonnaise. Have sixteen pieces of white hearts of lettuce, and arrange these in a border round alternately with the sixteen pieces of hard-boiled egg. Beetroot should never be used in a mayonnaise.

### **Little Patties à la Reine.**

Make some little patties with very light puff paste, and fill them with the following mixture :—

The breast of chicken, tongue, truffles, and mushrooms, all chopped small and just warmed in white sauce. Serve them on a napkin.

### **Fillets of Chicken or Suprême de Volaille.**

To make a dish of fillets of chicken, four or six chickens and a tongue are required. The fillets are

taken from the breast and the best part of the wing. A good deal of dexterity is required to make the most of the breast and to obtain fillets of nearly equal size and thickness, and cutlet-shaped, so as to dress in a circle alternately with pieces of tongue of the same shape and of a bright red colour.

The fillets are placed in a *sauté* pan, with clarified butter under them and buttered paper over. They must not be allowed to get brown in cooking. Each fillet must then have a coating of 'Suprême sauce,' and then the fillets and pieces of tongue are to be dressed in a circle. Truffles are placed in the centre (the truffles having been warmed in clear stock for a quarter of an hour) and more sauce is placed round the fillets.

This is an ambitious dish, and only a skilled cook should attempt it *hot*. But, as a cold dish or *chaud-froid*, a little practice would enable a painstaking person to turn out an elegant entrée.

### Broiled Chicken.

(American Recipe.)

It is possible to render a tough fowl eatable by boiling or stewing it with care. *Never* broil such! And even when assured that your 'broiler' is young, it is wise to make this doubly sure by laying it upon sticks extending from side to side of a dripping-pan full of boiling water. Set this in the oven, invert a tin pan over the chicken, and let it steam for half an hour. This process relaxes the muscles, and renders supple the joints, besides preserving the juices that

would be lost in parboiling. The chicken should be split down the back, and wiped perfectly dry before it is steamed. Transfer from the vapour-bath to a buttered gridiron, inside downward. Cover with a tin pan or common plate, and broil until tender and brown, turning several times ; from half to three quarters of an hour will be sufficient. Put into a hot dish, and butter very well. Send to table smoking hot.

### Chicken Pudding.

(American Recipe.)

Cut up a chicken as for fricassee, and parboil, seasoning well with pepper, salt, and a lump of butter the size of an egg, to each chicken. The fowls should be young and tender, and divided at every joint. Stew slowly for half an hour, take them out, and lay on a flat dish to cool. Set aside the water in which they were stewed for your gravy.

Make a batter of one quart of milk, three cups of flour, three tablespoonsful of melted butter, half a teaspoonful of carbonate of soda, and a small pinch of cream of tartar, with four eggs well beaten, and a little salt. Put a layer of chicken in the bottom of the dish, and pour about half a cupful of batter over it—enough to conceal the meat ; then another layer of chicken, and more batter, until the dish is full. The batter must form the crust. Bake one hour, in a moderate oven.

### Chicken à la Princesse.

Braise a chicken. Cut the fillets out of the breast into as many cutlets as you want for your entrée. Make some white sauce with cream and aspic. Sauce the cutlets on one side ; set them to cool, and then sauce them on the other. Put a little aspic in the bottom of a dish ; when set, put the cutlets all one way on the dish, and then cover them with aspic. When cold, cut them out and dish them on a border of aspic. Serve with Russian salad in the centre and croûtons of aspic round.

### Fricassee of Chicken.

(American Recipe.)

Clean, wash, and cut up the fowls, which need not be so tender as for roasting. Lay them in salt and water for half an hour. Put them in a pot with enough cold water to cover them, and half a pound of salt pork cut into thin strips. Cover closely, and let them heat very slowly ; then stew for over an hour, if the fowls are tender. Chickens used for this purpose have occasionally required four hours stewing, but they were tender and good when done. Only put them on in time, and cook very slowly ; if they boil fast, they toughen and shrink into uneatableness. When tender, add a chopped onion or two, parsley, and pepper. Cover closely again, and, when it has heated to boiling, stir in a teacupful of milk, to which have been added two beaten eggs and two tablespoonsful of flour. Boil up fairly ; add a great

spoonful of butter. Arrange the chicken neatly in a deep dish, pour the gravy over it, and serve. In this, as in all cases where beaten egg is added to hot liquor, it is best to dip out a few spoonful of the latter, and drop a little at a time into the egg, beating at the same time, that it may heat evenly and gradually before it is put into the scalding contents of the saucepan or pot. Eggs managed in this way will not curdle, as they are apt to do if thrown suddenly into hot liquid.

### Fricassee of Chicken.

(French Recipe.)

In France, this dish is made with a whole chicken. As it must be a delicate white, care must be taken to select a chicken with a white skin. The trussing must be as for boiling.

Have a shallow stewpan, melt in it a piece of butter, and stir in an ounce of flour. Add enough tepid water to make the liquid reach halfway up the chicken when laid on its side ; a pinch of salt and a small piece of lemon peel are to be put in. Put a buttered paper over the stewpan, and over that its cover. Let it simmer for three hours ; turn the chicken on the other side, and put in either oysters, or button mushrooms, or button onions ; simmer again, and when done (that is quite tender but not in rags), take it out, put it on a dish, and keep warm whilst you reduce the sauce if too thin, or make the sauce richer by the addition of some cream. The garnish of oysters or mushrooms, &c., must be placed round the

chicken. As a chicken makes about six helps or rations, allow three oysters to each ration, four mushrooms, and two onions. It is a good plan to rub the chicken with lemon juice, and to blanch in boiling water for three minutes before putting in the stewpan.

This is a far better dish than the English boiled fowl.

### **Plain Fowl Pillau.**

Truss a fowl as for boiling; put into a braising pan with flour, butter, and water, and proceed as for fricassee of fowl till three parts done. If possible, use stock instead of water. Wash and dry Patna rice enough to cover the fowl; cut up two or three small onions, or one Portugal onion, and fry in butter with the rice for a very short time. Then add the rice and onions, and black peppercorns, to the fowl, and, if necessary, moisten with weak stock. When both chicken and rice are cooked, place the chicken on the dish, and mask it with the rice, garnish with hard-boiled eggs cut in quarters, or with tomatoes. In India, raisins and more spice would be introduced into this dish. A few cardamom seeds stewed with the rice are a great improvement.

### **Mutton and Fowl Pillau.**

(Indian Recipe.)

Put 1 lb. of uncooked mutton cut in slices with four whole onions into one quart of water; boil all this together until reduced to one-third; take it off the fire; mash the meat in the liquor; strain through a linen



cloth, and set it aside. Take 8 ozs. of rice, wash it well, and dry by squeezing firmly in a cloth. Melt  $\frac{1}{2}$  lb. of butter in a saucepan ; fry in it a handful of onions sliced lengthways. When they have become a brown colour, take them out and lay them aside. In the butter that remains fry slightly a fowl that has been previously parboiled ; take out the fowl, and in the same butter add the dry rice and fry it a little ; as the butter evaporates add the above broth to it, and boil the rice in it ; then put with it ten cloves, ten cardamoms, ten black peppercorns, and a very little mace ; add green ginger, and one dessert-spoonful of salt with the green ginger cut into thin slices. When the rice is sufficiently boiled, remove all but a little fire from underneath, and place some on the pan cover. If the rice be at all hard, add some water to it, and place the fowl in the centre to imbibe a flavour. Cover it over with the rice, and serve up garnished with hard-boiled eggs cut into either halves or quarters.

### Fowl Pillau No. 2.

Boil a fowl, adding salt, whole black pepper, onion, a little ginger, a very little mace, and some cloves and raisins. The raisins and spice to be added later with the rice.

Thoroughly wash and dry some rice—enough to cover the fowl when done.

Fry some *very* finely shred onions in butter, and put them on one side.

In this butter slightly fry the rice.

Add the rice thus fried to the fowl, and finish them

off together by simmering till rice and fowl are well done and all the liquid absorbed.

Boil hard two eggs, and cut in quarters for garnishing.

Place the fowl on a dish, mask it with the rice, crown the top with the finely shred onions, and place the quarters of eggs at intervals round the margin of the dish.

### **Chicken Curry.**

Take two chickens, cut them into joints, fry them a light brown in 4 ozs. of butter, take them out, fry four large onions in the same butter a light brown. Add three tablespoonsful of flour, three of Yeatman's curry powder; mix well together over the fire for five minutes, dilute with veal broth, boil slowly fifteen minutes, skim, and strain the chicken; boil till tender; dish the chicken with a border of rice; reduce the sauce to the consistency of melted butter; serve it over the chicken.

You can add a quarter of a cocoa-nut, four tamarinds, a quarter of a clove of garlic; these ingredients are a great improvement.

### **Chicken Curry No. 2.**

(Indian Recipe.)

Take a chicken weighing about  $1\frac{1}{2}$  lbs., cut it into the smallest joints, and wash in water; sprinkle over them a large teaspoonful of salt; then cut up two small onions, and fry them in a stewpan with a tablespoonful of butter until brown; now add the

chicken to it, and fry for ten minutes longer. This being done, add one tablespoonful of curry paste and one tablespoonful of curry powder, with three wine-glasses of cold water ; stir all well together, and stew for ten minutes longer when it is ready.

The same quantity of mutton, veal, pigeons, mixed vegetables, partridges, fish, rabbit, &c., may be substituted for chicken.

### **Chicken and Rice, or 'Pollo con Arroz.'**

(Spanish Recipe.)

Cut a fowl into joints, wipe quite dry, and trim neatly.

Put a wine-glass of the best olive oil in a stewpan let it get hot, and test the heat by putting in a bit of bread. When the bread is brown the oil is the right heat for frying the chicken. Stir and turn the joints, and sprinkle with salt. When the chicken is a golden brown, add some chopped onions and one or two red chillies, and fry all together. Meanwhile have ready four tomatoes cut in quarters and two teacups of rice well washed. Mix these with the chicken, then pour in a very small quantity of broth, and stew till the rice is cooked and the broth dried up. Sprinkle a little chopped parsley, and serve in a deep dish without a cover, as the steam must not be kept in.

### **Fried Chicken, or 'Gebackene Hühner.'**

(German Recipe.)

Young chickens only can be used for this. They should be washed clean, and cut up, if small, into four,

and if large into six parts. Season with salt and a little pepper ; roll them in flour ; fry in egg and bread crumbs ; garnish with fried parsley, and serve. Send up mayonnaise sauce in a tureen.

### Chicken à la Romaine.

Take a good fowl trussed as for boiling. Put into a large stewpan four or five tablespoonsful of best olive oil, a pinch of salt, a few cloves and a piece of mace, a leek, and a bouquet of herbs. When the oil is quite hot, put in the chicken and let it cook very gently in the oil, moving it from time to time to prevent its burning. The fowl must be turned once or twice, so that all parts may be equally cooked. When it is quite cooked all through, it should be of a delicate brown colour.

Strain out all the vegetables and herbs, and pour away some of the oil. Take the fowl out and keep it hot. To the oil remaining in the stewpan add a few spoonsful of good tomato purée, and a little stock. Stir well together and stew for about ten minutes. Have ready some macaroni well boiled and drained, and cut into pieces not more than  $1\frac{1}{2}$  inches in length. Just heat the macaroni in the sauce. Pour *round*, but not over, the fowl, and serve.

### Roast Chicken à la Dumas.

Truss the chicken so that the neck is bent in and closes the aperture ; place the liver and its equivalent of bacon inside the chicken ; tie it up so that, no spit

being used, it hangs like a bundle from the bottle-jack, the neck part downwards. Keep basting with butter and a sprinkle of salt and pepper, and roast a rich brown. When done, cut the twine which confined and suspended the chicken. Put it on the proper dish, and pour round it the butter, &c., from the dripping-pan.

But on no account put any stock, broth, or sauce over the chicken.

### Chicken à la Mona.

Truss a chicken as for boiling ; put it in a stewpan with  $\frac{1}{2}$  lb. of streaky bacon cut into squares an inch thick. Let it fry till the chicken is become brown all over ; pour off all the grease, and add one Portugal onion sliced up, one glass of Chablis wine, one gill freshly made tomato sauce. Stew gently for  $1\frac{1}{2}$  hours ; keep basting with the sauce from time to time.

### Chicken à la Marengo.

The chickens used for this dish must be young and tender. Each chicken is cut up in joints as represented in the illustration. These joints are to be *sauté* in oil, with small onions chopped to the size of a pea, and chopped fine herbs and parsley. As the legs of all chickens require a longer time to cook than the other parts, they must be put in five minutes sooner. The oil must be tested with a crust of bread before the chicken is put in ; the colour which the chicken is to take is a light brown. The oil must be allowed to drain off ; and a sauce with button mushrooms and a

squeeze of lemon, or with a tablespoonful of purée of tomato worked in, must have been prepared to surround the pile of chicken. The back, the legs, and inferior pieces form the basis ; the delicate pieces are put at the top. Croûtons are placed round, with crayfish if obtainable.

### **Chicken à la Bonne Femme.**

Stew two chickens in stock till they are three parts done, then take them out. Have ready a stew-pan and make a sauce with  $\frac{1}{2}$  pint of the broth in which the chickens have been stewed, some butter and flour worked together, and simmer for half an hour ; then add the juice of half a lemon and the yolks of four eggs. Season with pepper and salt, cut the chickens in joints, warm, and pour the sauce over.

It is better not to send up the legs if the chickens are not young, but to return them to the stock, crushing the bone ; and to boil it down, strain, and make a mould of chicken jelly with the stock.

### **Chicken à la Chabert.**

Cut a tender chicken in neat joints, season slightly with salt, white and red pepper, and fry in butter. When each joint on both sides is a rich golden brown colour, add a little chopped parsley, and either chopped onions or a very small quantity of garlic, and a tablespoon of rich meat gravy. Meanwhile have ready four tomatoes, cut in quarters, cleaned of their seeds, and fried in oil, with a touch of garlic or with chopped onions.

Mix the chicken and tomatoes, and let it stew for a few minutes. In dressing the chicken on a dish, place the tomatoes around.

### Galantine of Chicken.

The chicken must be dexterously boned by an opening made at the back, the skin everywhere being kept whole. The joints of the limbs must be severed inside ; as little of the flesh as possible must be cut off in the operation. A sharp small knife, a pair of sharp scissors, and a good deal of practice are required for the operation. All the pieces of flesh which have to come out in removing the bones, and the bits which are cut off the carcass, must be chopped up with ham, fat bacon, and pounded veal ; large dice of tongue, truffles cut in small dice, pepper and salt, and the yolk of egg boiled hard should then be added.

When this stuffing is ready, it is placed inside the chicken, and distributed so as to make the outside skin shapely. The back is neatly sewn up. The chicken must then be placed in a cloth which is sewn round it, and tied at each end, the shape being that of a bolster. It must be braised in weak broth for four hours, and allowed to cool before being taken out of the cloth. The galantine must be glazed before sending to table.

Bordeaux pigeons are excellent thus prepared. They are cut in two or four pieces when cold, neatly dressed in a circle, the centre filled with broken aspic jelly, and croûtons of aspic jelly placed as a border.

### **To Bone a Turkey or Fowl without opening it.**

After the fowl has been drawn and singed, wipe it inside and out with a clean cloth, but do not wash it ; take off the head ; cut through the skin all round the first joints of the legs, and pull them from the fowl to draw out the large tendons. Raise the flesh first from the lower part of the back-bone, and a little also from the end of the breast-bone if necessary ; work the knife gradually to the socket of the thigh with the point ; detach the joint from it ; take the end of the bone firmly into the fingers, and cut the flesh clean from it down to the next joint, round which pass the point of the knife carefully, and when the skin is loosened from it in every part, cut round the next bone, keeping the edge of the knife close to it until the whole of the leg is done. Remove the bones of the other leg in the same manner ; then detach the flesh from the back and breast bone sufficiently to enable you to reach the upper joints of the wings. Proceed with these as with the legs, but be especially careful not to pierce the skin of the second joint. It is usual to leave the pinions unboned, in order to give more easily its natural form to the fowl when it is dressed. The merry-thought and neck bones may now easily be cut away, the back and side bones taken out without being divided, and the breast-bone separated carefully from the flesh (which, as the work progresses, must be turned back from the bones upon the fowl until it is completely inside out). After the one remaining bone is removed, draw the wings and legs



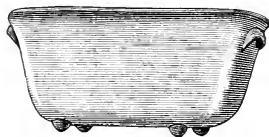
back to their proper form, and turn the fowl the right side outwards.

A turkey is boned exactly in the same manner ; but as it requires a very large proportion of forcemeat to fill it entirely, the legs and wings are sometimes drawn into the body to diminish the expense of this. If very securely trussed and sewn, the bird may be either boiled or stewed in rich gravy, or roasted, after being boned and stuffed.

### Chicken Pie with Potato Crust.

This is an excellent dish for a picnic or out-of-doors luncheon.

The pie is to be made of chicken, pigeons, or game, with a coarse ordinary crust. Remove that crust when cold ; place the contents of the pie in a deeper oval dish, allowing one and a half inches at top for the potato (the best kind of dish is the Sheffield baking-pan). Prepare some smooth mashed potato, and cover the remade pie with this, but do not allow it to be higher than the sides of the dish. Bake in the oven till the potato is a light brown. This pie packs and travels, and eats far better than when flour crust is the covering.



SHEFFIELD BAKING PAN.

### Rabbits.

All the recipes given for chickens are equally applicable to rabbits. But as there is no fat on a rabbit,

it is always desirable to cook bacon or fat pork with the rabbit, even if not sent up with the dish.

### **Grenadins of Rabbit.**

Grenadins of rabbit are a satisfactory entrée ; and the parts not used can be made into soup, or pies.

The grenadins are made by taking the whole length of the back bone, with the fillet attached to each side. The bone is then divided into sections about two inches thick, and the pieces are neatly trimmed so as to be circular and shapely. They must be larded like little fricandeaus, and braised in a shallow braising pan, with buttered paper over them like a fricandeau. Dress in either an oblong or round dish, with spinach or sorrel in the centre, and brown sauce round. Set each grenadin by itself in dressing the dish, not overlapping, as cutlets.

### **Boudins of Rabbit.**

Take the fillets of two young rabbits, fry in butter or olive oil, with a few chopped onions, drain the rabbit, and pound in the mortar. Bake some potatoes in their skins, dig out the inside and mix with the pounded rabbit, season with 'pelures de truffes,' incorporate half a pound of the fat of either gammon, or bacon which has been boiled, and stir in four eggs well beaten. Form the whole into a long roll ; surround with a strong white paper, well buttered, and long enough at the ends to pinch over.

Plunge in boiling water, then withdraw the saucepan from the strong heat, and simmer for ten minutes.

Place in a dish which suits the shape, and surround with sauce, in which either truffles or dark mushrooms are mixed.

The remains of a boudin may be cut in slices and warmed, dressed in a circle, and surrounded with the same sauce.

### **Barbecued Rabbit.**

(American Recipe.)

Clean and wash the rabbit, which must be plump and young, and having opened it all the way on the under side, lay it flat, with a small plate or saucer to keep it down, in salted water for half an hour. Wipe dry and broil whole, (with the exception of the head) when you have gashed across the backbone in eight or ten places, that the heat may penetrate this, the thickest part. Your fire should be hot and clear, the rabbit turned often. When browned and tender lay upon a very hot dish, pepper and salt, and butter profusely, turning the rabbit over and over to soak up the melted butter. Cover and set in the oven for five minutes, and heat in a tin cup two tablespoonsful of vinegar seasoned with one of made mustard. Anoint the hot rabbit well with this, cover, and send to table garnished with crisp parsley.

### **Geese and Ducks.**

These birds require to be well roasted, to be stuffed with onions and sage, and to have both plain gravy and apple or tomato sauce sent up with them. They require some days to become tender; no rule

can be given, as the conditions of hanging depend on the daily changes of temperature and the time of the year. A tough goose, a tough duck, are peculiarly unsatisfactory dishes. In the case of ducks, braising will produce an excellent dish, and this should always be the mode of cooking if there is any risk of toughness.

### **Braised Ducks.**

Let the duck brown in a stewpan in boiling lard or dripping. Take out the duck; dredge flour into the stewpan, and work it well and smoothly with the dripping. Then mix in broth till there is enough to half cover the duck. Season with pepper and salt, and a bunch of fine herbs, and braise till tender.

Green peas, or turnips cut to the shape of olives and browned in butter and sugar, may be braised with the duck; or olives may be stoned, blanched in boiling water, and warmed for a few minutes with the braised duck. A young goose may be braised in the same manner. The time required for a duck is two hours, and for a goose three hours.

### **Braised Ducks à la St. Michel.**

Rub some flour and oil over the ducks, and brown in the oven for a short time.

Mix together a cup of Chablis wine and a cup of broth; season with pepper and salt; braise the ducks till they are tender, but not in rags. Have ready chopped mushrooms, chibbals, and parsley; mix these with the broth in which the duck was braised. Put

the ducks to keep warm before the fire whilst you let the sauce 'reduce.' Dredge in a very little flour, and send up the ducks with the sauce round them.

Observe that the ducks are to look a *brown*, not a pale sodden colour.

### Pigeon Pie.

Line a pie dish with thin slices of fat bacon, place on this the pigeons cut in quarters, three pigeons to a pie. Fill in the interstices with veal taken from the loin or leg (of course uncooked), season with pepper and salt, and proceed as to the crust in the same way as in making other meat pies. Make an opening in the centre of the crust by sticking in a bit of bone, and whilst the pie is baking pour in through this a little good broth. When the pie is finished the claws of the pigeons are used to ornament this opening, and to show what the pie contains. Pigeons should be killed by having their necks wrung.

### Pigeon Cutlets.

Take the fillets of four pigeons—that is, the meat from each side of the breast, cut out with a sharp knife from the breast-bone to the wing-bones; this produces eight fillets, which are enough for one entrée. When double entrées are wanted, eight pigeons must be used. The fillets are to be beaten with a cutlet bat and a little trimmed, and fried in breadcrumbs and egg. A small bone from the wing is stuck in each cutlet to simulate the bone of a mutton cutlet. The carcasses of the pigeons can be used to make the

sauce, or for a purée of pigeon soup. Surround with a fumet of game sauce.

### **Pigeons aux Petits Pois.**

Take four young pigeons, and brown them in butter ; cut into dice—about twenty-four dice—some streaky bacon ; soak and wash in tepid water, and half fry in the same butter in which the pigeons were browned. Stir in a large spoonful of flour, and place the pigeons, cut into neat joints, in the stewpan. Then stir in some stock and a seasoning of chopped onions, parsley, &c. Put the stewpan on the side of the stove, and let it simmer. When half done add a pint of young peas ; stir till they are cooked. If the sauce is too thin, the pigeons and peas must be taken out, and kept warm whilst the sauce is reduced. Arrange the pigeons and bacon as neatly as you can on a dish with the peas, and pour the sauce over.

### **Devilled Duck or Teal.**

(Indian Recipe.)

Get a good plateful of onions, a piece of green ginger, and six or eight chillies. Reduce them to a pulp as for curry, then add two teaspoonsful of mustard, pepper, salt, cayenne, and chutney, two tablespoonsful of catsup, and half a bottle of claret. Cut up the duck or teal, and put it into the sauce, which must simmer for a long time. The duck must be previously reasted, or it will want double the quantity of sauce.

## Devilled Legs of Poultry.

( Indian Recipe.)

Score the legs of a roasted turkey, goose, or fowl ; sprinkle them well with cayenne, black pepper, and salt ; broil them well, and pour over the following sauce :—

Take three spoonsful of gravy, one of butter rubbed in a little flour, one of lemon-juice, a glass of port wine, a teaspoonful of mustard, some chilli vinegar, a teaspoonful of mushroom catsup, and one of Harvey sauce. Warm up and serve in a boat.

If very highly seasoned, it may be served without sauce.

## Salmis of Larks.

If larks are fat and in good order, a dozen ought to weigh 14 ozs.

Take a dozen larks which have been drawn, picked, and singed ; save the livers. *Sautez* the larks till they are half done ; make a forcemeat with the livers, any cold game or chicken, a little boiled bacon fat, and some chopped truffles. Fill the inside of the larks ; arrange them on a silver or china dish, with fried toast underneath each lark. Lay slices of bacon on the top, and over that a buttered paper ; let the dish cook in the oven for about twenty minutes ; remove the paper and bacon ; sprinkle browned bread-crumbs over the larks, and send up in the same dish. Serve a sauce separately.

## CHAPTER XX.

## GAME.

**To Keep Game from Tainting.**

DRAW as soon as the birds come into your possession ; rinse with soda and water, then with pure cold water. Wipe dry, and rub them lightly with a mixture of fine salt and black pepper. If you wish to keep them some time, put in the cavity of each bird a piece of charcoal ; hang them in a cool dark place, with a cloth thrown over them. Small birds, unless there are too many of them, may be kept in a refrigerator after you have drawn, washed, and wiped them.

The charcoal is an admirable preventive of decomposition.

**To Roast Game.**

Prepare and truss as a fowl ; do not wash the bird, but wipe it dry. Put black ground pepper and a piece of butter inside the bird, and hang before a brisk fire, basting it well with butter. Shortly before it is done, which will be from a quarter of an hour to twenty minutes, put some toast below the bird, and let the butter drop upon it. Serve with breadcrumbs, and bread sauce if liked.



### Haunch of Venison.

If the outside be hard, wash with lukewarm water; then rub all over with fresh butter and lard. Cover it on the top and sides with a paste of flour and water, nearly half an inch thick. Lay upon this a large sheet of thin white wrapping-paper well buttered, and above this thick foolscap. Keep all in place by greased packthread, then put down to roast with a little water in the dripping-pan. Let the fire be steady and strong. Pour a few ladlesful of butter and water over the meat now and then to prevent the paper from scorching. If the haunch is large, it will take at least five hours to roast. About half an hour before you take it up, remove the papers and paste, and test with a skewer to see if it is done. If this passes easily to the bone through the thickest part, set it down to a more moderate fire, and baste every few minutes with claret and melted butter. At the last, baste with butter, dredge with flour to make a light froth, and dish. It should be a fine brown by this time. Twist a frill of fringed paper round the knuckle.

For gravy, put into a saucepan a pound or so of scraps of raw venison left from trimming the haunch, a quart of water, a pinch of cloves, a few blades of mace, half a nutmeg, cayenne and salt to taste. Stew slowly to one-half the original quantity. Skim, strain, and return to the saucepan when you have rinsed it with hot water. Add three tablespoonsful of currant jelly, a glass of claret, two tablespoonsful of butter, and thicken with browned flour. Send to table in a sauce-boat.

Red currant jelly is always handed with venison.

### Neck of Venison.

A neck of venison should be used as a neck of mutton, for the three purposes of soup, haricot cutlets, and a 'roast.'

The breast will make venison pasty, and stock or gravy.

### Hashed Venison.

It is desirable to have very rich gravy made from uncooked venison. If this cannot be had, stock made from hare, and thickened with the blood of the hare, is to be used ; failing this, take good stock with gravy from the haunch, and 'roux' to thicken it, some claret and herb-flavour, and a pinch of sugar. Slices from the haunch of venison are to be cut thin, and warmed in the sauce. They must be heated through, but not allowed to cook in the sauce. Hashed venison must be sent up in a deep dish with a spirit lamp burning under it ; and red currant jelly in a tureen.

### Venison Pasty.

(American Recipe.)

Almost any part of the deer can be used for the purpose, but the neck and shoulders are generally preferred.

Cut the raw venison from the bones, and set aside these with the skin, fat, and refuse bits for gravy. Put them into a saucepan with a shallot, pepper, salt, and sweet herbs. Cover with cold water

and set on to stew. Meanwhile cut the better pieces of the meat into squares an inch long, and cook in another saucepan until three-quarters done. Line a deep dish with good puff paste. That for the lid should be made after the recipe following this. Put in the squares of venison. Season with pepper, salt, and butter, and put in half a cupful of the liquor in which the meat was stewed, to keep it from burning at the bottom. Cover with a lid of the prepared pastry an inch thick. Cut a round hole in the middle, and if you have not a small tin cylinder that will fit this, make one of buttered paper; stiff writing-paper is best. The hole should be large enough to admit your thumb. Bake steadily, covering the top with a sheet of clean paper as soon as it is firm, to prevent it from browning too fast. While it is cooking prepare the gravy. When all the substance has been extracted from the bones, &c., strain the liquor back into the saucepan; let it come to a boil, and when you have skimmed carefully, add a glass of port wine, a tablespoonful of butter, the juice of a lemon, and some brown flour to thicken. Boil up once, remove the plug from the hole in the pastry, and pour in through a small funnel, or paper horn, as much gravy as the pie will hold. Do this very quickly; brush the crust over with beaten egg, and put back in the oven until it is a golden brown. The pie should only be drawn to the door of the oven for these operations, and everything should be in readiness before it is taken out, that the crust may be light and flaky. If you have more gravy than you need for the dish, serve in a sauce-boat.

### Crust of Pasty.

1 $\frac{1}{2}$ lbs. flour ;	Salt ;
12 ozs. butter ;	Iced water
3 eggs ;	

Dry and sift the flour, and work up half the butter in it ; salt, and work up with iced water, lastly adding the eggs beaten very light. Work out rapidly, handling as little as possible. Roll out three times *very* thin, adding the rest of the butter, then into a lid nearly an inch thick, reserving an inner one for ornaments. Having covered in your pie, cut from the second sheet with a cake cutter, leaves, flowers, stars, or any figure you like to adorn the top of your crust.

Bake the centre ornament upon a tin plate by itself, and brush it over with egg when you glaze the pie. After the pasty is baked, cover the hole in the middle with this.

Bake two or three hours, guiding yourself by the size of the pie. It is good hot, but better cold.

### To Bone a Hare.

The hare must be a freshly killed one. Clear the back-bone from the flesh on the inside, lay this back from the centre of the bone to the ribs, work the knife quite to the spine, and when the whole is detached except the skin which adheres to this, separate the bone at the first joint from the neck-bone, and pass the knife with caution under the skin, down the middle of the back. The head is to be kept on ; the legs and shoulder-bones may either be left on or

removed. The trunk, after the spine and ribs are removed, is to be filled with a forcemeat or bread stuffing. The under skin is to be neatly sewn up, and the whole securely fastened round with string and skewers before roasting. The bones can be used for soup or gravy.

The object of boning a hare is to facilitate the carving. The question, therefore, is whether the cook is skilful enough to do the form of carving called boning.

### Jugged Hare, or 'Civet de Lièvre.'

Cut a hare into pieces of such a size that each is a moderate helping. Save the blood. Cut up some streaky bacon in dice, and fry partially, then fry the hare slightly in the fat in which the bacon has been fried, and then fry some button onions, or an onion cut in dice, in the same fat, mix some dried flour in the fat, and stir it in a pint of broth, put this in a stewpan with the hare, bacon, pepper, and fine herbs. The bacon supplies enough salt. Let it simmer till the hare is becoming tender; the time depends on the age of the hare, and may be hardly one hour or quite two hours. A tumbler of claret is to be stirred in gradually with the blood and the onions, and the simmering is to continue another half-hour. Serve hot in a deep dish with a garnish of fried sippets. There must be enough sauce for each helping, but on no account must it be thin. If the mixture of the blood has not made the sauce thick, a little more dried flour may be dredged in.

If it is wished to have hare soup next day, the

remains of the jugged hare will make a purée soup with stock.

### Fillets of Hare.

Cut some neat fillets from the backs and haunches of two hares ; lard them thickly. Put a little olive oil in the frying-pan with some chopped onion, lay in the fillets, the larded side uppermost, and fry lightly. Make a sauce with stock, claret, and 'roux,' finish cooking the fillets in this, dress in a circle and surround with the sauce. Always take care that the points of bacon stand up, or the appearance of a larded dish is spoiled.

### Guisado.

(Spanish Recipe.)

Take hare, partridge, pheasant, or even rabbit, cut it up, save the blood, the liver, and the giblets ; do not wash the pieces, but dry them in a cloth ; fry them with sliced onions in a teacup of oil till browned ; take an *olla* (a jar), put in these bits with the oil, equal portions of red wine and stock (the wine may be Claret or Valdepeñas), a few bits of bacon, onions, garlic, a bunch of thyme or herbs, salt, pepper, chillies ; let it simmer, and skim carefully ; half an hour before serving, add the giblets. The stew should be stirred with a wooden spoon, the grease must be skimmed off as it rises to the surface, and the progress of the cooking ascertained by feeling with a fork : the meat must be ready to come away from the bones, but must not have come away.

**Leveret** (*sauté*).

Cut a young leveret in pieces of a moderate size, and as nearly of a uniform shape as possible. Put it in a stewpan, with butter, and a seasoning of pepper and salt ; let it *sauter* till both sides have set, then throw in chopped onions, button mushrooms, and enough broth and wine mixed to come just over the surface of the pieces, dredge in a little flour, and simmer till the hare is quite tender and done. Serve with sippets of fried toast.

**Chartreuse of Partridge.**

Take two full-grown partridges—old birds are best, but they must be fresh—lard with bacon, cut up some bacon in dice, and some sausages in pieces, and braise in good stock, with the usual seasoning, till the partridges are tender. Let the bacon, &c., stew longer. Meanwhile parboil some cabbages, carrots, and turnips. Line a plain mould—which must not be too deep—with these vegetables arranged in patterns ; put in the partridges, sausages, and bacon ; press in quite tight ; cover with a buttered paper ; and finish in the bain-marie. Take care not to have the sauce *in* the chartreuse, or it will fall to pieces ; but either pour round or serve in a sauce tureen.

Pigeons may be substituted for partridges.

### Partridge and Cabbage.

The partridges must not be young ; well-grown old birds are best. They must be trussed as chickens are for boiling, and slightly browned in the *sauté*-pan.

Put them in the braising pan with some bacon or gammon cut in dice, and two onions ; surround with stock, and braise till three-parts done.

Have ready some nice tender cabbage ; blanch, drain, and dry it. Finish the cooking of the cabbage and the partridges in the braising pan. Place the cabbage on a dish, and the partridges on the cabbage, with the bits of bacon round. Take away the onions ; let the sauce reduce (or boil away), keeping the partridges warm meanwhile, and then pour round, and serve.

Pheasants or pigeons may be dressed in the same way.

### Soufflé of Partridge.

Take the flesh of roast partridges, free from skin or sinew, and pound in a mortar ; moisten with rich gravy, season with pepper and salt, and pass the whole through a tamis. Mix in a small quantity of butter ; warm in a stewpan, and then add the yolks of four eggs. The whites must be beaten to a snow, and then carefully stirred in. Pour the mixture into a silver soufflé-case, or into a number of little china cases, and bake till it rises. Send up at once, with sauce—a clear, rich, brown sauce—in a tureen.

This soufflé can be made with any kind of cold bird, or even with cold meat.



### Pheasant à la Soubise.

The pheasants thus dressed need not be young ; but they must not be much knocked about by shot.

Truss as a boiled chicken, and then braise in good stock, with a layer of bacon, vegetables, and fine herbs. When tender, carefully remove from the braising pan ; let them drain ; place before the fire, that the surface may dry. Then dish up, with soubise sauce over them and around.

Partridges may be dressed in the same way.

Celery sauce or chestnut sauce may be substituted for soubise sauce.

### Pheasant à la St. Cloud.

Bone a fine cock pheasant, and fill with the following mixture :—

Take the flesh of one or two woodcock or snipe (or, in default of these, of partridge, or even rabbit) ; use the livers of all the birds, and the inside fat ; chop very small ; add  $\frac{1}{4}$  lb. of truffles cut into small dice, some fine herbs, pepper and salt, and the yolks of three eggs. Mix thoroughly.

Sew the pheasant up neatly, keeping it a good cushion shape. Roast carefully in a cradle spit, basting with Chablis wine. Place toast under to receive the gravy ; and serve on the toast.

The sauce is to be Italian sauce with chopped truffles added to it.

### Salmis of Game.

Cut cold roast partridges, grouse, or quails into joints, and lay aside while you prepare the gravy. This is made of the bones, trimmings, skin, and general odds and ends, after you have selected the neatest pieces of the birds. Put these scraps into a saucepan, with one small onion minced and a bunch of sweet herbs ; pour in a pint of water, and whatever gravy you may have, and stew, closely covered, for nearly an hour. A few bits of fat pork should be added if you have no gravy. Skim and strain, return to the fire, and add a little brown sherry and lemon-juice ; thicken with brown flour if necessary ; boil up, and pour over the reserved meat, which should be put into another saucepan. Warm until all is smoking hot, but do not let it boil. Arrange the pieces of bird in a symmetrical heap upon a dish, and pour the gravy over them.

### Salmis of Partridge or Woodcock No. 2.

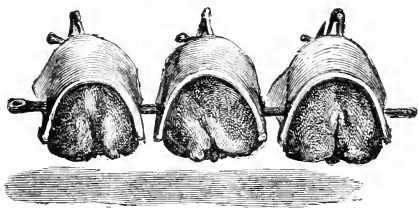
It is necessary that game used for salmis should not be high. Three birds are required for a dish.

Truss the birds as for roasting, and *sauter* in butter in a stewpan. Let them become half cold, and then cut off the wings and legs from the carcass, and separate the breast ; trim each piece and remove the skin. Take the carcasses, trimmings, and some fat bacon, and prepare a little strong gravy to mix with ordinary brown sauce. Fry the livers in butter ; pound and mix with the sauce ; warm, skim, and pass

through a sieve. Warm the joints of bird in the sauce, and dress them on the dish : the six legs form the base, the six wings are placed on the legs, and the three breasts at the top. Garnish with fried croûtons, truffles, and mushrooms.

### Quails.

Each quail must be covered with vine leaves and a thin slice of fat bacon, so that only the ends of the



BARBED QUAILS.

legs may be exposed to the free action of the fire whilst roasting. Place them on a skewer with toast underneath to catch the gravy. Serve very hot, with the toast.

### Compote of Quails.

Truss the quails with their legs inside ; *sauter* them in butter for a minute or two, then put them in a stewpan with a sweetbread cut in slices, a slice of ham, button mushrooms and truffles cut in dice, a bunch of sweet herbs, some rich stock into which a glass of Chablis has been stirred, and some baked flour. Simmer till the quails are done ; take them out and keep warm whilst you remove the ham and

herbs from the sauce ; add a squeeze of lemon, and *reduce* it to the proper consistency. Serve in a hash or deep dish with croûtons round.

### Salmis of Snipe or Woodcock.

Surround the breast and back with slices of bacon and par-roast the birds. Let them cool ; strip off the bacon and the skin. Trim, and divide into two or four pieces. Prepare a fumet of game sauce.

The pieces of woodcock or snipe are to be warmed—not boiled—in good stock. They are to be neatly arranged on the dish surrounded with the game sauce and garnished with croûtons.

Game intended for salmis must be fresh, and if any part is tainted by the shot, it must be cut out. The trail of a fresh woodcock can be mixed with the sauce in making.

### Wild Duck, Teal, Widgeon.

These birds must not be over-roasted ; they must come to table with a rich brown surface, but with their own gravy inside. Cayenne pepper and sections of lemon are served with them, but bigarade sauce should also be sent up when oranges are in season.

Wild fowl sometimes have a fishy taste, which is extremely objectionable. By skinning in some cases, and by only using the fillets from the breasts in others, an excellent dish may be secured. The fillets should be broiled or *sauté*, and the sauce should be seasoned with lemon-juice and cayenne pepper.

### Ptarmigan.

The only way to treat this bird is to roast it, with such precautions as may obviate the defect of dryness. This may be done by larding the breast thickly, by tying a large piece of bacon over the whole bird, or by placing inside breadcrumbs saturated with butter.

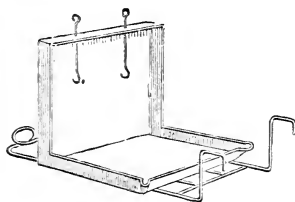
Ptarmigan must be frequently basted whilst roasting; toast must be allowed to brown in the dripping-pan, and be placed under each bird; gravy and fried breadcrumbs are to be sent up in tureens.

### Roast Snipe or Plover.

Clean and truss; lay in rows in the dripping-pan, or tie upon a spit; sprinkle with salt, and baste well with butter, then with butter and water. When they begin to brown—which will be in about ten minutes—cut as many rounds of bread without crust as there are birds.

Toast quickly, butter, and lay in the dripping-pan with a bird over each. When the birds are done, serve upon the toast with the gravy poured over it. The toast should lie under them while cooking at least five minutes, during which time the birds should be basted with melted butter seasoned with pepper.

The largest snipe will not require above twenty minutes to roast.



TRIVET FOR ROASTING.

### Game Pie.

Take two or more kinds of game, and be sure they are quite fresh. Remove any part that may be tainted by the shot, or any other cause. Cut off the meat in large and neat pieces ; put in a mortar the smaller fragments with some half-boiled bacon, pound and mix thoroughly, and season. If convenient cut up truffles and bits of tongue, and add. Set the bones on in a little cold water, and simmer till you have a small quantity of rich broth.

Place the large pieces and the pounded portions in alternate layers in a deep dish (which fits into an outer dish of ornamental ware), moisten with the broth, cover with a flour and water paste, bake for three hours, let it get cold, remove the paste, and put the dish in its ornamental frame, cover with broken bits of aspic jelly and set croûtons of aspic jelly all round, fold a napkin on a large dish, put the game-pie dish on it, and arrange a wreath of parsley at the base.

### Pheasant, Game, or Chicken Pie No. 2.

Cut up the birds into neat joints ; break the bones of the legs, and beat the flesh of the legs. Remove the bony parts of the carcass, and put them in a stew-pan, with the usual seasoning, to make stock for the pie.

Line the bottom of a deep pie-dish—brown earthenware dishes are best—with slices of bacon, lay in the birds, sprinkle with fine herbs, pepper, and salt, and,

if liked, put in some truffles or hard-boiled eggs. Place a layer of paste on the edge of the pie-dish, and more slices of bacon on the birds. Cover with paste. Make an ornamental centre, and stick in a bone, which is to be taken out when the pie is baked, and a funnel passed in, through which the stock from the carcass is to be poured in. The pie must be baked for three hours, and the gravy or stock is to be introduced at the last moment.

### Chaud-froid.

In all the preparations of chicken or game called chaud-froid, a rich sauce flavoured with the kind of bird for which it is to be the coating, and white or brown as the dish is to be white or brown, is to be mixed with a third of the quantity of meat jelly of the same colour; whilst this sauce is in a liquid state, the fillets or joints of chicken, quail, partridge, or other bird are dipped in it, so as to be completely coated; they are then placed to cool. When cold there ought to be a uniform semi-transparent and perfectly smooth jelly over the fillet or joint. A dish is formed by placing the fillets in a circle.

As it is important that this dish should be exquisitely neat, the fillets or little joints must be cut and trimmed to a uniform size and shape; it is not absolutely necessary to remove all bone, but any bone which projects must be got rid of; it is with these fragments that the sauce is prepared. The quails, woodcocks, or partridges are to be roasted with a buttered paper over them, and the sauce will

be made brown for them. Chicken is to be braised white, and the chaud-froid sauce is to be white. A little basis of toast to each small fillet of quail may be neatly arranged. A small slice of tongue can be introduced when the dish is made of chicken.

### **Omelette Soufflée of Game.**

Pound the breast of a partridge and a large truffle, and stir into an omelette mixture. A little salt and a touch of white pepper must be added. Bake in a soufflé dish or in little china cups.



## CHAPTER XXI.

*VARIOUS SAVOURY DISHES.***Olla Podrida.**

(Ford's 'Spain.')

TAKE two earthenware jars ; place in No. 1 beans or lentils which have been soaked for twelve hours, a chicken or old hen, a piece of beef, a piece of bacon, enough water to cover these materials. Stew four hours.

Place in No. 2 lettuces, cabbage, carrots, turnips or kohl rabi, celery, onions, chillies, red sausages and half a salted pig's face which has been soaked for twelve hours. Water to cover stew as No. 1. Skim both jars, drain and throw away the water of No. 2 ; use that of No. 1 as gravy.

In a large dish arrange chicken and pig's face in centre, bacon &c. around on the vegetables. Serve very hot.

**Curry.**

Fry some sliced onions till brown, in butter. Take out the onions and reserve. Mix the curry powder in a little stock, or water, till it is of the consistency of cream. Stir this in the butter out of which you have taken the onions, and let it cook for ten minutes.

Cut the meat into dice, or, if chicken, into joints ; slice up one or two onions and apples, and stew all together in the curry sauce for one and a half or two hours, adding more stock if wanted.

The curry sauce must be cooked long enough for the grains of curry powder and the butter to separate, and the meat must be tender enough to be eaten with a spoon. The browned onions are to be mixed in, and just allowed to get hot, before serving the curry. Always buy the best curry powder and paste.

### Curried Kabobs.

For this dish you require a set of small skewers—silver or plated ; but ordinary metal or wood skewers will answer the purpose ; they must not be more than four inches long.

Cut up the meat—beef, mutton, or veal—into pieces about the size of a shilling, and about one-quarter of an inch thick ; and cut an equal number of pieces of green ginger and onions, of as nearly as possible the same size. Put them on the skewers, alternating a piece of meat, of onion, and of ginger. Prepare a curry sauce as for ordinary curry, and cook the kabobs in it. Serve with boiled rice in a separate dish.

This dish may be made with *cold* meat.

### Indian Sandwiches.

Slices of bread cut with the circular cutter are to be fried in butter, and the following preparation is to be placed between two of the slices.

Mince the meat of a cold pheasant or chicken very fine ; mix with it an equal quantity of ham or tongue ; stir in two spoonsful of white sauce, a teaspoonful of curry paste, and the juice of a lemon. Warm in a stewpan, and place between the slices of bread. Arrange on a napkin ; serve hot.

### **Curry made with Australian Meat from a Tin.**

Turn out the contents of the tin, and separate the meat, the fat, and the jelly.

Fry in the fat some sliced carrots, turnips, and onions, with an apple or tomato. Dissolve the jelly in water, and stir in some curry powder and curry paste. Stew the fried vegetables in this mixture. Cut up the meat with a very sharp knife, and just let it warm in the vegetable curry, but do not boil. Send up rice as with other curries. If liked, use mustard flour instead of curry powder.

### **Tinned Meat, with Rice.**

Put in a large earthen jar 1 lb. of rice, and four or five onions sliced up, and water enough to swell the rice. Let it cook in the oven, or on the range, till the rice is tender ; as water can always be added, and as rice varies in its power of absorbing water, it is best to start with a smaller quantity of water, and to add more if wanted.

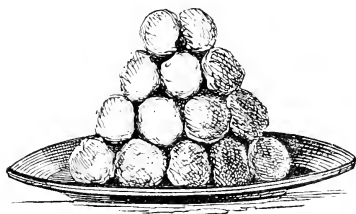
Cut up the meat from a 2-lb. tin, cutting against the grain. Rub with pepper and a little mustard flour, and stir in with the tender rice. Let the meat get hot through.

If fresh meat is used, it must stew till sufficiently cooked in the rice.

### Rissoles and Croquettes.

When the scraps of cold chicken, duck, or other bird are not enough to make a larger dish, they can be used for rissoles and croquettes.

There should be a mixture of ham, boiled bacon, or tongue, with these scraps, and there must be some good sauce.

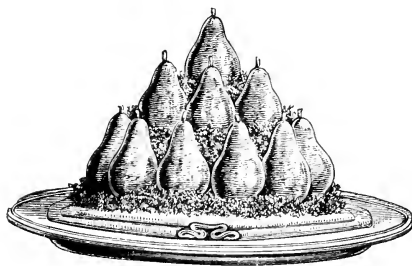


CROQUETTES.

But just as the scraps of chicken, &c., are saved from a previous day's dinner, and utilised, so

the cold melted butter, or anchovy sauce, &c., should be saved and used.

The scraps of poultry or meat must not be torn into long shreds, but must be cut with a sharp knife, or chopper, so that they are small squares, not larger than an eighth of an inch.



CROQUETTES.

It is often the practice to mix the minced meat consisting of the

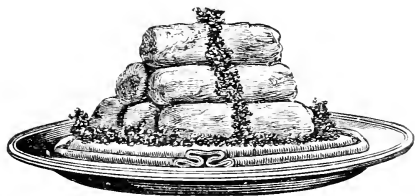
above scraps with eggs. This is a mistake : the minced meat must be allowed just to warm in a thick sauce, and then to *set* and get cold in it. The sauce is of course flavoured, and chopped lemon peel and chopped mushrooms may be conspicuous ingredients of the mixture. The mixture must be moulded into balls, or pears, or cutlets, and therefore must be of a consistency to bear the operation.

Then dip in breadcrumbs and egg twice, and fry a golden brown (these are croquettes) ; or use as the centre of little turnovers of puff paste, and fry (these are rissoles). Serve on a napkin with fried parsley as a garnish.

The pastry rissoles may be coated also with egg and vermicelli, broken very fine before being fried.

### Kromeskis.

Take some fat bacon and cut thin slices, 2 inches square. Have ready some delicate quenelle, or forcemeat, or a very fine minced preparation, in which there should be mushrooms, or truffles, or a flavouring of chopped lemon-peel, and lay this in small quantities on the sliced bacon. Roll up each slice carefully, so as to be about the size of a cork ; let them get cold.



KROMESKIS.

Each roll must be egged and breadcrumbed or

dipped in frying batter, and must be fried a rich brown. Send up on a napkin with crisp parsley.

Kromeskis require so small a quantity of force-meat that it is very convenient to make them as an entrée when the supply of materials is short.

### Rice Cutlets.

- $\frac{1}{4}$  lb. cooked rice ;
- $\frac{1}{4}$  lb. cooked mutton chopped very fine ;
- $\frac{1}{4}$  lb. cooked beef chopped very fine ;
- $\frac{1}{4}$  lb. suet ;
- $\frac{1}{4}$  lb. bread crumbs.

A little chopped onion which has been parboiled ; cayenne and salt in very small quantities ; mix well together with cream or broth, and just warm. Let the mixture set in a large shallow dish ; cut into the shape of mutton cutlets ; egg and breadcrumb ; fry a golden brown. Serve on a napkin with fried parsley in the centre, or serve with a stiff purée in the centre and sauce round, exactly like cutlets.

Chopped ham or boiled bacon may be used, or any scraps of poultry, but then the salt should be omitted.

### Rice Patties, or Cassolettes de Riz.

Wash thoroughly and parboil a quantity of Carolina rice, strain off the water, and put on the rice, with as much white stock as it will absorb, and a little milk to keep it white ; flavour with Parmesan cheese. When the rice is almost a jelly, pour into a vessel in which it will become a layer about two inches deep ;

let it cool, and then have two cutters, one to cut out a circular mass of rice, which forms the 'patty,' the other to cut out the centre, and leave the opening for the purée or other filling-up material.

The patties are egged and breadcrumbed, and fried a light golden brown.

The purée may be of quenelle meat made more liquid than if intended for quenelles ; of any very fine mince ; of oyster forcemeat ; of sweetbreads cut into tiny dice and mixed with truffles and mushrooms ; or of palates treated in the same way.

A sweet dish may also be made, using apricot or apple marmalade to fill the rice frames, but then of course no Parmesan cheese is introduced.

### Ravioli.

Prepare a paste with flour, eggs, and a pinch of salt.

Have ready forcemeat made from fish, meat, or poultry (cooked), with fine herbs and lemon-peel chopped *very* fine.

Roll the paste till it is as thin as parchment ; cut into circular pieces three or four inches in diameter ; place on each a portion of the forcemeat ; double the paste and pinch to-



RAVIOLI.

gether the edges. Place these 'turnovers' in a deep dish which will bear the oven ; pour broth on them, and powder with Parmesan cheese. Twenty to thirty minutes will be enough in the oven. Place the dish on another dish, so that the ravioli are sent to table without being disturbed.

### Iced Savoury Soufflé.

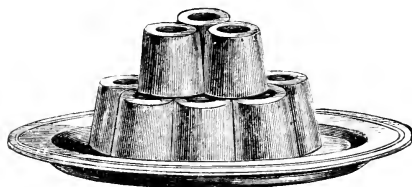
This is a very refined dish, and may be made with chicken, or with fish, if a *maigre* dish is preferred ; in the latter case the aspic jelly must be made with fish bones.

Cut up the white of chicken, or a lobster, or crab into very small fragments ; let it *mariner* in a mixture of oil, vinegar, seasoning, and mayonnaise sauce for two hours.

Have ready some aspic jelly, and whip it till it is frothy ; put a layer of this at the bottom of a silver soufflé dish ; then a layer of the mixture, and so on till the dish is nearly full. Pin a band of cartridge paper round, and fill in with whipped aspic ; ice it. Take off the band of paper (the aspic then is higher than the dish) and serve.

### Timbales à la Pahlen.

Boil some macaroni in water till it is tender, but not broken ; strain ; cut into lengths which fit your



TIMBALES.

dariole moulds, and line the moulds with the macaroni, adjusting the top by bending the macaroni in a spiral.

Fill the timbales with white quenelle meat ; scoop out the centre,



and fill with black quenelle made of truffles, mushrooms, and ham. Steam ; serve with white sauce.

Quenelles may be made with a core of dark stuffing of the same materials as above.

### **Dormers.**

Half a pound of cold meat, 2 ozs. beef suet, 3 ozs. boiled rice, very dry, all chopped very fine and seasoned with pepper, salt, and catsup, or any sauce that is liked.

Roll into flat cakes ; egg and breadcrumb them ; fry and serve with thick gravy.

### **Meat Mince.**

Cut off from the bones of roast meat, or poultry, or game, all the scraps which are too small to be used in any other way. Use by preference two or three kinds of meat, and if there is cold boiled bacon or ham, add a small quantity, but do not use the hard, dried-up lean of bacon. When ham or bacon is used the sauce must not have any salt in it. Chop up these scraps, cutting against the grain, and endeavouring to produce very small squares, not rags or strings of the meat : take out any bits of gristle, cut up an onion or some chibbals to the same size, put the mixture in a stewpan with a bit of butter, and dredge in a little flour ; let it just brown.

Prepare a sauce, either white or brown, as suited to the meat, with broth, flour, and butter, and if for veal, cream, warm the minced meat in the sauce, make

a border of mashed potato, rice, or hominy, and pour in the mince ; or, if there is to be no border, place a garnish of toasted bread all round, and stick toasted bread the shape of almonds all over the mound of mince. The mince must be rather stiffer if there is to be no border round it.

### **Köttbullar.**

(Scandinavian Recipe.)

Take some of the uncooked fillet of a sirloin of beef, chop as fine as possible, and mix in finely chopped suet. Make a custard with milk, eggs, and powdered cracker biscuits ; stir together the meat and the custard ; season with salt, pepper, and spice ; roll in the shape of balls ; fry in butter.

### **Kålolmar.**

This dish is prepared in the same way as the preceding dish, but the mixture is rolled in boiled cabbage leaves, and braised in butter over a slow fire till the cabbage is browned.

## CHAPTER XXII.

*SAVOURY DISHES WITHOUT MEAT.***Fondue.**

ONE pint of cream,  $\frac{1}{4}$  lb. Parmesan cheese, are to be warmed together. The yolks of eight eggs are to be stirred in one by one, till the whole mass is smooth, in an earthenware basin (which will fit into a silver case); place it in a bain-marie, and let it steam slowly for half an hour. If you have no silver case, pin a napkin neatly round the basin, so as to disguise its form.

If preferred, the fondue may be allowed to cool, and then be cut into disks the size of a crown piece and half an inch thick, dipped in bread crumbs and eggs, and fried a golden brown.

**Cheese Custard.**

Two or three ounces of cheese scraped into pieces as fine as shavings. Beat this up with one large or two small eggs, and about  $\frac{1}{4}$  pint of milk. Butter a pudding dish well, pour in the mixture, and then put in two small pieces of butter about the size of a hazel nut.

Bake in the oven for a few minutes.

### Soufflé au Parmesan.

Dissolve  $\frac{1}{4}$  lb. of butter in a stewpan, and stir in the yolks of five eggs. As soon as it begins to thicken, take the stewpan off the fire and work in 5 or 6 ozs. of grated cheese, Parmesan or Parmesan and Gruyère mixed; place again on the fire, and stir till it is a smooth paste; remove from the fire, and work in one white of egg which has been well whipped. Before the mixture is put into the soufflé case, the remaining whites of egg are to be whipped and stirred in, and immediately this is done it is to be put into the oven at a moderate heat. Twenty to twenty-five minutes is the time required for the baking, but do not begin too soon, as all soufflés should be served the moment *they*, not the guests, are ready.

### Ramequins à la Raymond.

4 spoonsful of flour;

$\frac{1}{4}$  lb. scraped Gruyère cheese;

A pinch of salt.

Stir well together in a saucepan off the fire.

Warm in another saucepan a piece of butter the size of an egg in a cup of water. Stir this slowly into the flour and cheese, and mix it for three or four minutes, then put on the stove and keep stirring; when it is a thickish paste take it off the fire and work in two or three eggs one by one. Have ready a shallow tart dish, butter it and drop in lumps of the paste about the size of a walnut. Put it in the oven, and let them bake for twenty minutes; as each

bit ought to swell to twice its original size, allowance must be made in the number put on the dish.

### **Ramequin à la Genevoise.**

Cut slices of bread  $\frac{1}{2}$  inch thick, and of sizes to cover the bottom of the shallow fireproof dish. Let the bread absorb as much milk as it can without breaking. Coat the dish with butter and lay on it the bread. Grate enough Gruyère (or other cheese) to cover the bread ; let the grated cheese dissolve in cream, or milk and butter, on the fire. When it is thoroughly smooth pour it over the bread, place the dish in the oven, and let it remain for half an hour, or till the cheese and cream are brown and cling to the dish.

### **Chester Cakes.**

$\frac{1}{2}$  lb. flour ;

$\frac{1}{2}$  lb. butter ;

$\frac{1}{2}$  lb. Parmesan cheese, grated ;

A little cayenne pepper ;

A pinch of salt.

Rub all together, and cut out with a tin cutter.

Bake for 15 minutes.

### **Tartelettes à la Sefton.**

Line the patty-pans with the above paste, and put in the following custard :—

2 tablespoonsful of grated Parmesan cheese ;

3 yolks of eggs ;

A pinch of cayenne pepper and salt.

Bake from 15 to 20 minutes.

**Nudeln au Parmesan.**

2 ozs. butter ;  
1  $\frac{1}{2}$  ozs. flour ;  
A teacupful of milk ;  
A pinch of salt ;  
A few grains of cayenne pepper.

Work together in a stewpan over the hot-plate till it makes a paste. Add three eggs and 4 ozs. grated Parmesan cheese ; drop it from a tablespoon into boiling water, and cook a quarter of an hour.

Serve on a napkin, and hand round rich brown sauce in a tureen, or if to be eaten on a fast day send up without sauce.

**Toasted Cheese.**

Slice up some rich cheese and put it in a bain-marie saucepan with a little milk ; stir over the fire till it is dissolved ; add some butter and an egg well beaten ; prepare slices of toast on a dish which fits over hot water, or a heater ; place the mixture on the toast, and let it brown before the fire.

It must be served very hot.

**Stewed Cheese.**

2 tablespoonsful of grated cheese ;  
4 tablespoonsful of cream ;  
1 tablespoonful of butter ;  
1 egg ;  
A few grains of cayenne pepper.

Let the butter dissolve in a bain-marie saucepan ; stir in the cream, then the cheese, lastly the egg well beaten. Simmer till the mixture is smooth ; send up on toast in a hot-water dish.

### Cheese Salad, or Mock Crab.

(American Recipe.)

- $\frac{1}{2}$  lb. old cheese grated ;
- 1 hard-boiled egg ;
- 1 teaspoonful cayenne ;
- 1 „ salt ;
- 1 „ white sugar ;
- 1 „ made mustard ;
- 1 tablespoonful onion vinegar ;
- 1 „ salad oil.

Rub the yolk of the egg to a paste with the oil, adding in order the salt, pepper, sugar, and mustard, lastly the cheese. Work all well together before putting in the vinegar. Serve in a crab-shell. This mixture strongly resembles devilled crab, and should be eaten with biscuits and butter ; it is further improved if you add a cupful of cold minced chicken.

Use none but the best and freshest olive salad oil (not sweet oil, falsely so called) in compounding your salad dressing. If you cannot obtain this, melted butter is the best substitute.

### Cheese Biscuits.

Equal quantities of grated Parmesan cheese, butter, and flour, a little salt and a pinch of cayenne pepper, to be mixed into a smooth paste ; cut into biscuits

about the size of a macaroon, and bake ; the colour to be a rich gold ; they are quite as good warmed the next day.

### Boiled Cheese.

$\frac{1}{4}$  lb. mild cheese, Cheshire or other ;

1 gill cream ;

A bit of bacon the size of a walnut ;

A little pepper, and a very little salt.

Cut the cheese very small, and let it melt in the cream over the fire, then stir in the yolk of one egg.

Serve on toast cut into squares or circles ; or in little china soufflé cups, a slice of toast being laid at the bottom of each cup. The cups used must be of the smallest size made.

### Eggs.—Omelettes.

There should be a small frying-pan kept entirely for omelettes and pancakes. It should never be washed, but wiped dry with clean paper or a cloth immediately after using.

Take six or eight fresh eggs, break them, yolks and whites, into a basin, with a little salt and a spoonful of cold water. Beat them with a knife till they are thoroughly blended. Meanwhile the omelette pan must be on the stove with butter in it, and just before the butter boils, throw in the eggs ; just freeing the edges from the pan, so that they do not become frothy. When the eggs have nearly set, double the mixture up, so that it looks like an oval cushion. Let it take a golden colour, and dish up on an oval dish. Some



people like a rich but clear meat gravy sent up round the omelette—a taste not to be commended. Fine herbs chopped fine, truffles or mushrooms chopped, or kidneys may be mingled with the eggs before frying.

### **Eggs on China** (*sur le plat*).

A fireproof china dish is to be put on the stove with some butter in it ; as soon as the butter is melted, three or more eggs are to be carefully broken into the dish. A little care is needed so that each yolk may be surrounded with white. Let the eggs remain long enough for the white to set, but not for the yolk to harden ; sprinkle slightly with salt and pepper. Send up in the same dish.

### **Broken Eggs and Asparagus Points.**

Take eight yolks and four whites of eggs. Stir thoroughly, always turning in the same direction. Throw in cooked asparagus tips (or chopped truffles). Have a stewpan ready, with either butter or broth enough to prevent the eggs from burning, and cook them in it. These eggs must be of the consistency of porridge, not of soup. Serve in a deep dish with croûtons round.

### **Canapés of Egg.**

Take six hard-boiled eggs, shell them, cut them lengthways, and take out the yolks, stir a large tablespoonful of flour quite smoothly into half a pint of water. Take three of the yolks, 4 ozs. fresh butter,

3 ozs. sardines, which must be washed, boned, and cut into small dice, and some parsley or chibbal chopped fine. Stir it without ceasing over the fire till it becomes a thick cream, taking care not to let it boil. Pour this while hot into a dish, upon which the whites of the eggs have been arranged. Pound the yolks of the three remaining eggs in a mortar with butter the size of a nut, and some salt. Rub it through a sieve over the whole, and serve.

### Eggs in Cases.

The little china soufflé cases are those intended for this dish. Butter the inside, and half fill with breadcrumbs which have been browned in butter, and which are seasoned with pepper, salt, and chopped parsley. Break an egg into each case, and cook in the oven or in a bain-marie, with water, not higher than the rim of the cases.

### Œufs Brouillés à l'Indienne.

Take one onion, chop it fine, fry it a light brown in 1 oz. of butter, add one tablespoonful of Yeatman's curry powder. Stir over the fire five minutes, then take it off to cool ; spread on the bottom of a saucepan 4 ozs. butter, six whole eggs, four tablespoonsful of cream ; then add the onion, pepper, salt. Stir it on the fire till it becomes of the consistency of soft mashed potatoes, and serve it with rice.

### Curried Eggs.

2 ozs. onions, chopped fine, fried in  
2 ozs. butter ;  
1 tablespoonful curry powder ;  
1 tablespoonful curry paste ;  
A little salt.

Fry these together, then add half a pint of milk and a little cream.

Let this sauce cook for a few minutes, and poach the egg in it from five to ten minutes.

Serve with rice, very hot.

### Eggs à la St. James.

Take as many eggs as you have guests, and boil them hard in dariole moulds. The moulds must of course be large enough to hold the egg when broken into it. When quite cold remove the egg from the mould. Slice off the white at one end, taking care to preserve the shape of the white, and scoop out the yolk. Mix this with some anchovy paste, and put back in the white. Coat the eggs with aspic jelly, stand them on the dish with the uncut part upwards, and pour round the sauce, which is to be half mayonnaise (that is mayonnaise mixed with cream), slightly coloured with the anchovy paste. A variety of the same dish is made by using chopped truffles instead of anchovy paste.

### Scotch Woodcock.

Boil two eggs hard, and chop up fine ; put into a saucepan two tablepoonsful of anchovy sauce, and a large lump of butter. When dissolved stir in the chopped eggs, and serve on small rounds of buttered toast neatly arranged on a napkin.

### Bombay Toast.

A spoonful of butter is placed on a hot-water plate ; as it melts stir in two eggs, cayenne pepper, and essence of anchovy, with chopped capers. Spread on small rounds of buttered toast. Serve on a napkin as above.

### Anchovy Toast.

Prepare slices of bread, cut either the shape of cutlets or round ; fry them in butter, and spread on them anchovy paste ; let the paste just sink into the toast ; serve on a dish under which there is hot water, or on a napkin ; this looks better, but defeats the end of serving hot.

### Anchovy Butter.

Take six anchovies, those that are preserved in salt and water, wash them in several waters, if necessary lukewarm water, to get rid of all the salt. Remove the bones ; pound in a mortar ; pass through

a tamis, and work in with an equal weight of butter. Form into little balls : surround with watercress, and serve with pieces of toast in a toast-rack.

### **Anchovy Butter No. 2.**

Take equal quantities of parsley leaves picked from the stalk and parboiled, of anchovies washed, boned, and pounded, and of fresh butter. Mix the ingredients thoroughly, and pass through a tamis. Form into balls. Ice them and serve with toast.

### **Anchovy Allumettes.**

The anchovies used for this dish are to be those sold as 'anchovies in oil.' Dry them and cut into long thin strips ; roll each strip in paste, and fry. Let them drain on a sieve before the fire ; dress them two and two across each other on a napkin. Surround with fried parsley, and serve very hot.

### **Anchovy Tartines.**

Cut round slices of French roll, or of bread, about three inches in diameter, and spread butter smoothly over them.

Have a bottle of anchovies preserved in oil ; unroll and dry them, and cut into narrow strips ; lay these strips on the slices, so as to form an open trellis ; in each opening place yolk of eggs hard-boiled, white of eggs, and parsley or gherkins chopped very fine, so that the colours contrast.

Arrange on a napkin on the dish, and send up with the cheese, or as a luncheon relish.

### **Anchovy Cushions** (*cold*).

Prepare the bread as in the previous recipes, but let the rounds be rather larger. Have ready the following garnishes :—

Anchovies, chopped small ;

Capers, chopped small ;

Yolk of egg, hard-boiled and chopped ;

White of egg, hard-boiled and chopped.

Arrange these garnishes on each round, so that there is one quarter of anchovy, one with capers, one of white, and one of yolk of egg ; or arrange in concentric circles.

### **Cold Bread Patties.**

Take very small rolls, slice off the top, scoop out the crumb. Fill with minced chicken or fish, which has been set in cream sauce, hot, and allowed to cool ; trim the edge of the top, and put it on the patty. Dress on a napkin with garnish of watercress.

### **Devilled Biscuits with Cheese.**

Butter the biscuits on both sides, and pepper them well. Rub up some cheese with made mustard, and lay on one side ; sprinkle a little salt and cayenne over the top, and let them be grilled.

**Devilled Biscuit** (*plain*)

Is simply toasting the biscuit and buttering it while hot, then sprinkling cayenne pepper over it with a little salt.

**Another Devil.**

Mix  $\frac{1}{2}$  an oz. of each of the following ingredients :—Curry powder, mustard, salt, cayenne pepper, ginger, nutmeg, and grated lemon peel,  $\frac{1}{4}$  of an oz. of allspice and of black pepper. Bone and wash some anchovies, pound them in a mortar with butter, season with the above mixture, and spread on a biscuit fried in butter.

**Biscuits à la Russe.**

Make a dozen water biscuits  $2\frac{1}{2}$  inches in diameter, or use thin captain's biscuits of the same size.

Chop up the solid part of slices of cucumber, parsley, or watercress, white of egg, yolk of egg hard-boiled, and anchovies thoroughly dried from their oil. Cover each biscuit with this mixture, reserving a small quantity of each ingredient to decorate the centre of the biscuit. Serve on a napkin, and garnish with a wreath of watercress *leaves*, not sprigs, all round.

**Kitcherie.**

First steep half a pint of dry split peas in water. Add half a pint of picked and washed rice with a little

ginger and salt ; boil till the peas and rice are swollen and tender ; stir the whole, and stir in a little butter. Strain off the water ; have ready some hard-boiled eggs cut in halves, and an onion or two sliced and fried in butter to garnish with, or else add some small boiled onions. The peas and rice should not be clammy.

### **Fish Kitcherie.**

Take any cold fish, pick it carefully from the bones, mix with a teacupful of boiled rice, 1 oz. of butter, a teaspoonful of mustard, two soft-boiled eggs, salt and cayenne to taste, and serve very hot. The quantities may be varied according to the amount of fish used.

### **Sardines au Parmesan.**

Take small sardines, or if too large split them ; but the small ones make a neater dish ; let the oil drain away ; remove the skin and the tip of the tail, and give them a thin coating of Parmesan, grated very fine.

Prepare strips of toast a size larger than the sardine. Butter the surface, place the sardine on it, and put the whole in the oven to warm, taking care that the toast does not get too crisp.

### **Sardines en Papillote.**

Scrape, dry, and bone the sardines. Fill them with cold brown sauce, chopped mushrooms, and fine herbs,



and wrap in paper ; taking care to pinch over the ends of the paper, so that the sauce may not run out. Warm them through in the oven.

### Cheese Canapés.

Cut into any form thin slices of stale bread ; fry lightly in butter ; cover each canapé (or cushion) with some grated Parmesan cheese which has been stirred with mustard and pepper ; set them before a hot fire till the cheese is dissolved. Dish up on a folded napkin ; serve hot, as all dishes in which there is cheese are ruined by being served *tepid*.

### Macaroni.

The preliminary process is in all cases to break the macaroni into pieces of a moderate length, about two inches, and to stew it in salted boiling water for twenty minutes, or till it is tender, but not split open.

It must then be allowed to drain, and as each piece has water in the inside of the tube, the draining must be very carefully attended to. In dressing macaroni it should be first boiled till tender, which is ascertained by trying if the paste breaks with its own weight.

If a simple dish is desired, re-warm the macaroni with a small quantity of butter, which must not be allowed to do more than melt. Sprinkle some chopped parsley and serve hot. This is a useful breakfast dish.

### Macaroni au Gratin.

Have ready a cream sauce, to which add grated Parmesan and Gruyère cheese ; the proportion being  $\frac{1}{4}$  lb. cheese to 1 lb. macaroni, and milk or cream sauce enough to dilute. Warm the macaroni in this mixture, and then pour the whole into a shallow dish, either china which will stand the oven or metal. Strew the surface with breadcrumbs and grated cheese and a very little melted butter ; finish in the oven or before the fire ; send up in its own dish on a dish the same shape but just a size larger.

White or cayenne pepper, according to taste, may be mixed in the sauce.

### Macaroni and Tomatoes.

Make a purée with fresh tomatoes, or with tomatoes preserved in tins, adding a small quantity of onion. Dilute the purée with stock, and work in a pat of butter ; re-warm the macaroni in this mixture and serve in a deep dish with fried croûtons round. Chopped ham or tongue may be added.

### Macaroni Timbale.

Line a plain mould with paste. Fill it with macaroni prepared in sauce as before, adding small dice of chicken and tongue, or veal and tongue. Fasten the paste cover neatly and tightly on at the

edge, and bake in an oven for an hour. Serve on a napkin. The timbale will stand on what was the bottom of the mould, and the top must be scored round just inside the edge, so as to form a lid, which is lifted back when the spoon is inserted.

### Tagliarini.

(Italian Recipe.)

Make a paste of flour, water, and one or two eggs, according to the quantity required. When completely kneaded, roll it to the thickness of a wafer biscuit, and cut it into long strips a quarter of an inch wide, or into fancy shapes, with a paste-cutter. They are more delicate than macaroni, but are dressed in the same way, being boiled first and then, after being carefully drained of water, cooked with cheese and either butter or gravy.

### Celery Salad, or Salad à la Casanova.

Cut the celery, which should be white and delicate, into lengths of about one inch. Cut up the white meat of a cooked chicken or pheasant into dice ; add truffles cut up, and tongue or ham. Place neatly in a dish, and mix with mayonnaise sauce which has been diluted with cream. Garnish with hard-boiled eggs, or aspic croûtons.

Fish may be used instead of meat, and truffles may be omitted.

### Russian Salad.

Take some carrots, potatoes, turnips, celery, French beans, olives, and a Portugal onion. Cut them in different shapes to pieces about the size of a raisin, till you have about a pound of mixed vegetables; boil them in water with a little salt, pour off the water, and *sauter* them slightly in fresh butter.

Prepare a sauce by whipping the yolks of four eggs, to which add half a pint of the best olive oil and two teaspoonsful of mustard flour. Take a small quantity of spinach, pound it in a mortar, then pass it through a napkin, squeezing it hard. Add to the liquid thus obtained half a pint of water, and put it on a quick fire, but be careful to take it off as soon as it boils. Then pass it through a silk tamis, and mix with what remains in the tamis half a dozen biscuits without sugar which have been soaked for twenty-four hours in water.

Then add a little butter, mix it well, and pass it through the tamis, mix well with the sauce described above, and add half a pint of cream. Add the vegetables and 1 oz. of liquid gelatine, and put the whole into a mould until the gelatine is set, when it will be ready to serve.

### Croustades aux Truffles.

Cut a French roll into thick slices, and dig out some of the crumb so as to form a little patty case. Toast in the oven.

Take  $\frac{3}{4}$  lb. *fresh* truffles—English if to be had.

Cut into large dice, and add  $\frac{1}{3}$  of the quantity of dark mushrooms. Simmer in very rich brown sauce ; fill the crusts with the truffles and mushrooms, and send up a sauce in which  $\frac{1}{4}$  lb. of truffles and some mushrooms have been mixed. It is to be noted that the mixture in the croustades is to be so thick that it will not run out, or over, and that the sauce sent up separately is to be of the consistency of sauce—much more liquid than the croustade mixture.

### Rice—Turkish Fashion.

Put a quart of water in a saucepan ; when boiling throw in 1 lb. of rice which has been well washed and dried. Add a pinch of salt, and let it simmer till the rice has absorbed all the water. Then take  $\frac{1}{2}$  lb. butter, and let it become liquid by putting in a jar and standing the jar in boiling water ; pour the liquid butter over the rice. Cover the saucepan and place a damp cloth over the cover. Keep it on the side of the hot-plate for half an hour. Serve in a deep dish, and do not put on a cover.

If a more elaborate form is desired, have ready truffles cut into small bits, not much larger than a grain of rice when swelled, and mix in when you add the butter. This is called Rice à la Mustapha. Mushrooms may be substituted for truffles.

### Rice à la Milanaise.

36 ozs. rice ;  
10 ozs. butter ;  
5 ozs. beef suet.

Simmer in broth ; then add 6 ozs. Parmesan cheese, and a pinch of saffron, with, if liked, some chopped tongue or scraped ham.

Press in a mould which has a loose top, and serve very hot.

### Savoury Rice.

A teacupful of rice, one onion cut up ; to be boiled in 1 pint stock, either fish stock or meat stock. Make a custard with half a pint of milk, and one egg, pepper, salt, chopped parsley, and a little chopped ham or tongue. Bake in a slow oven.

If this dish is intended for a 'fast' day, the ham would be omitted, and fish substituted, such as Finnan haddock or salt fish.

## CHAPTER XXIII.

## SAUCES.

BESIDES the flour, butter and juices of meat which constitute sauces, there are a variety of flavours which are imparted by herbs, vegetables and condiments. The proper blending of flavours and the judicious application of heat are necessary to the production of good sauces.

A measuring glass, of the same kind as is used for medicines, ought to be found in every kitchen, and employed to regulate vinegar, wine, brandy and liqueurs, so that the due proportion of these flavours may not be exceeded.

In liquid measurement :

2 tablespoonsful = 1 fluid ounce, or 1 avoirdupois  
ounce ;

20 fluid ounces = 1 imperial pint ;

4 gills = 1 imperial pint.

In measuring flour :

1 large tablespoonful =  $\frac{1}{2}$  oz.

As tablespoons differ in size, they cannot be accepted as measuring accurately, and it is better always to weigh the quantity required for refined sauces.

### Eggs.

Eggs must be broken neatly and carefully so as to separate the yolk from the white, and the yolks must be freed from the germ. In all cases when the yolk is used to thicken a sauce or soup, it must be stirred into a small quantity of the hot sauce or soup in a cup, and then this mixture is to be stirred into the larger quantity.

### Vinegar.

What is called good strong kitchen vinegar may be used to clean coppers and to alleviate bruises and black eyes. It is not fit for sauces and salads. English vinegars are deficient in refinement of flavour. Really good vinegar is made with wine. A very small quantity goes a long way, and it is far better, therefore, always to buy French vinegar.

When a very slight acid flavour is desirable, Chablis wine should be used.

Lemon-juice varies in acidity according as the fruit is more or less ripe, and the quantity used must therefore follow the condition of the fruit.

Maille vinegars are French vinegars flavoured with herbs or shallots. They are to be used sparingly ; but aspic jelly requires the flavour of one of the Maille vinegars. Tarragon vinegar, as made in England, is rather apt to overwhelm with its peculiar taste. Tarragon should not be *boiled* even when its flavour is desired in soup or sauce.



### Mustard.

When it is desirable to put mustard in a sauce, as in Robert sauce for instance, mustard flour, that is unmade mustard, must always be used. Put a little of the sauce or stock in a cup, stir in the mustard flour, and then work in with the rest of the sauce. 'Made mustard' does not keep, and the true flavour is only obtained by using the flour.

Egg sauce for salt fish is improved by some mustard flour being added.

### 'Roux' for Sauces.

Sauces require to be thickened or bound together, and for this purpose either roux, arrowroot, potato flour, or eggs are used. Roux is to be made of a light colour for white sauces and of a dark colour for brown sauces. Put in a saucepan  $\frac{1}{4}$  lb. butter and let it melt; stir in four or five spoonsful of flour or of potato starch with a wooden spoon; let it cool a little, and then mix in your gravy or stock, taking great care that it mixes smoothly. Place it on a distant part of the hot-plate, and let it simmer for one hour; skim off the grease. Then put the saucepan on the warm part of the hot-plate, that it may 'reduce' or boil down. Ascertain how much it reduces by letting it drop out of a spoon slowly. The sauce must not be too thick, or too thin, or too dark. Pass through a tamis, and use for mixing with flavour sauces. Let it be borne in mind that flour and water

are not made savoury by butter alone, and that flour and water slightly cooked, and with a surface of butter, is not a sauce, but a nauseous substitute for sauce.

A bouquet or bunch of fine herbs to give flavour consists of three or four leaves of parsley, a sprig of thyme, a shallot and two bay leaves tied together, so that the bunch of herbs can be taken out after the sauce has received their flavour.

### **‘Espagnole,’ or Brown Sauce.**

Put  $\frac{1}{4}$  lb. of butter in a bain-marie, or milk saucepan, and let it melt; stir in four tablespoonsful of flour which has been dried in the oven. Keep stirring with a wooden spoon till the mixture is a bright chestnut colour. Then add slowly broth enough to make a sauce the consistency of thin cream. Let it simmer for  $1\frac{1}{2}$  hours, skim, and let it boil up, taking care that it does not stick to the sides or bottom. When the sauce is of the consistency of thick cream, pass it through a tamis, and put it in a jar ready for use. As a skin will form at the top, it is well to add a little bit of butter the last thing.

### **White Sauce.**

Proceed as above, only keep your flour and butter *white* by adding a chopped shallot, which keeps it from turning; and having your broth quite white, finish with some cream, or, if no cream can be had, a glass of white wine into which you have stirred a raw egg.

Always warm in a bain-marie.

### White Sauce for Braising White Meats.

Half a pound of fresh beef suet chopped fine,  $\frac{1}{2}$  lb. of fat bacon, a bunch of fine herbs, an onion and a carrot or two, a little salt, a few peppercorns, and the juice and pulp of a lemon. Stir on a slow fire, or on the gas stove, till the fatty matter is dissolved, taking care that the mixture does not turn brown. Pour in a moderate quantity of water, strain through a hair sieve, and use with flour, smoothly and slowly worked in, for braising calf's head, veal which is to come up white, rabbit, or chicken.

### To Brown Flour.

Spread upon a tin plate, set upon the stove or in a *very* hot oven, and stir continually after it begins to colour until it is brown all through.

Keep it always on hand. Make it at odd minutes, and put away in a glass jar covered closely. Shake up every few days to keep it light and prevent lumping.

### Boiled Flour for Sauces, &c.

Take a pudding basin; press in as much best flour as you can with a spoon and the knuckles, until it forms a compact mass. Tie a cloth over and boil for twelve hours.

Remove the cloth, and let it stand in the basin till the next day.

Take the skin from the top; grate or roll the

mass until smooth. Pass through a strainer, and put in a covered jar for use.

All flour used for thickening should be previously cooked either as above, or by baking for many hours.

### **Melted Butter.**

Take 6 ozs. of butter, 2 ozs. of flour, a pinch of salt. Divide the butter into three parts. Work the flour into one part of the butter, add water, and stir round with a spoon till the butter is melted, always stirring the same way. When this is heated by a slow fire, stir in the second portion of the butter. When this is melted on the fire, take the pan off, and stir in the third portion of the butter near the fire, but not on it.

### **Dutch Sauce.**

2 yolks of eggs.

2 tablespoonsful of vinegar with a little salt and white pepper reduced to a teaspoonful by boiling.

2 tablespoonsful of cold water.

Stir on a slow fire with a wooden spoon for two or three minutes.

Three ounces of butter ; divide into three parts ; stir in one part of the butter ; take off the fire. Then stir in the second part, and take off the fire ; then the third part. Finish with a spoonful of cold water.

### **Black Butter.**

This is the special sauce for skate.

Take  $\frac{1}{4}$  lb. of butter and let it melt in the sauce-

pan gradually ; then allow it to get quite hot and to become of a rich brown ; in another saucepan put three tablespoonsful of French vinegar, a pinch of salt and pepper ; let your butter cool, and pour through a strainer into the vinegar. Warm all together and serve in a sauce-boat.

### Fennel and Parsley Sauces.

These sauces are merely butter sauce, into which chopped fennel or chopped parsley has been stirred, the last thing before putting into the sauce-boat.

### Villeroi Sauce.

This sauce may be made either with fish broth or meat broth.

Make the usual roux with butter and flour. Let it be neither white nor brown, but of a yellow colour. Stir in the broth ; add a few mushrooms and herbs to flavour ; simmer for a quarter of an hour ; pass through a tamis. Reduce and thicken by stirring in the yolks of two or more eggs. The eggs must be added just before using the sauce ; the sauce being prepared long in advance. Care must be taken with all sauces in which eggs are used that the egg does not curdle, which it must do if cooked over a fierce fire.

All entrées with which this sauce is used are described as ‘à la Villeroi.’

### Sauce à la Poulette.

Weigh 2 ozs. each of butter and flour (which has been dried, but not browned), and stir the flour and half the butter in a saucepan in the bain-marie, or a milk saucepan, for about three minutes ; then pour in slowly the requisite quantity of stock or broth to dilute the sauce ; let it stand off the fire for two minutes, and then mix in the yolks of two eggs which have been stirred, but not beaten. Just replace in the bain-marie, and at the last moment stir in the rest of the butter. This sauce is appropriate to dressed carrots (Dutch-horn), to lambs' feet or tails, to dressed fish, &c.

A little chopped parsley or shallot may be put in this sauce if more flavour is desired. A very little pepper and salt, if the broth added does not contain those flavours.

### Sauce à la d'Uxelles.

Chop up button mushrooms, shallots, chibbals, parsley, and bacon, fry in butter, but do not let them brown. Season with pepper and salt and a bay leaf ; add some pale sauce and simmer ; squeeze in a little lemon-juice, and, as a last thing, stir in one egg or more, according to quantity. Pour into a basin to cool, and use as coating to any dish of which the meat has to be wrapped in paper, or to be placed on silver skewers and fried in breadcrumbs. The entrée is then described as *à la d'Uxelles*.

### Sauce à la Ste.-Ménéhould.

Put some butter cut into little bits, so that it melts quickly, into a milk saucepan, and dredge in some dried flour. Dilute this with new milk, or milk and cream. Season with mushrooms, chibbals, pepper and salt ; stir and simmer ; pass it through a tamis ; put it again into the saucepan with either chopped parsley, or, if for pigs' feet, with chopped sage.

### Sauce Périgueux.

This sauce can be made with 'Pelures de truffes,' which are much cheaper than truffles.

Take them out of the tin ; stir them into some rich stock, and simmer in a stewpan with a wine-glass of sherry or Chablis. The simmering must be carried on till the raw taste of the truffles disappears. The sauce keeps two or three days, and can easily be warmed.

### Rémoulade Sauce (*hot*).

Take mushrooms and chibbals cut to the same size, chopped parsley and a touch of garlic, best obtained by cutting up the chibbals with a knife rubbed with garlic. Fry in salad oil ; then simmer in broth with enough Maille vinegar to give sharpness, but not to dominate the mushroom flavour. Before serving introduce a teaspoonful of mustard flour let it warm and mingle, but not boil.

**Rémoulade Sauce** (*cold*).

Chibbals, capers, anchovies (*i.e.* anchovies preserved in oil), are to be chopped up with parsley, mustard, pepper and salt. Mix with salad oil, and lastly a teaspoonful or more of Maille vinegar. Take care that neither flavour is in excess. If garlic is liked, the taste may be given as in the preceding sauce.

**Czarina Sauce.**

Have a very rich brown sauce, and to this add sultana raisins, gherkins cut to the size of the raisins, and lemon-peel which has been parboiled and also cut to the same size. Season with black pepper, and simmer, stirring in at the last moment enough butter to give softness to the other ingredients.

**Fair Maid's Sauce.**

Simmer in pale broth a teacupful of breadcrumbs and an onion cut in slices. Take the white meat of a chicken or rabbit, the yolks of two eggs boiled hard, salt, and white pepper, and pound in a mortar; mix with the bread broth and pass through a tamis. If too thick, dilute with cream or new milk. Warm, but do not boil.

**Mirepoix Sauce.**

Mince a large onion ;  
„ a large carrot ;  
„ a piece of celery.



Put in a stewpan with some trimmings of bacon, and fry in fat until the onions, &c., are a good colour. Then stir in a quart of broth and a large wine-glass of Chablis. Add fine herbs, mushroom trimmings, and the pulp of a lemon (take care to pick out the pips first). Reduce for half an hour, and pass the whole through a sieve or tamis.

### **Béarnaise Sauce.**

Five yolks of eggs, 1 oz. of butter, a pinch of salt ; stir on a slow fire. When the eggs begin to thicken, take away from the fire and add another ounce of butter. Let it warm again, and again add 1 oz. of butter, some chopped parsley and fine herbs, and a teaspoonful of Maille vinegar.

### **Robert Sauce.**

Chop into small dice two Portugal onions ; put them in a stewpan with some butter, and fry a very light brown. Have ready a pale brown sauce, and thicken it with mustard flour ; drain the onions from the butter and stir in the sauce, adding a very small quantity of French vinegar. Warm in the bain-marie, and serve with pork cutlets, either in the dish or in a sauce-boat. Do not use made mustard, but mustard flour.

### **Sauce for Fish Curry.**

Take some trimmings of the fish you are going to curry ; put them into a saucepan, add two large

onions ; fry them a light brown ; 1 carrot, 1 head of celery, 1 leek, thyme, parsley, 3 bay leaves, 1 pint of water, 1 of milk ; boil thirty minutes, skim and strain through a silk sieve ; mix with 3 ozs. of butter, two tablespoonsful of flour, two of Yeatman's curry powder ; warm over the fire five minutes ; dilute with the fish broth ; keep it about the consistency of thick melted butter ; boil fifteen minutes. Take any of the kind of fish named below. Cut them in pieces, and cook them in the oven with the sauce over. Serve with a border of rice round, or on a plate separately.

Turbot, salmon, soles, mullets, dory, skate, pike, gurnard oysters.

### Sauce à la Tartare (*cold*).

Three shallots, a little parsley, Tarragon and chervil, one chibbal, to be chopped very fine.

Two teaspoonsful of mustard flour, three of salad oil, one of French vinegar, some salt and ground pepper, to be slowly and smoothly mixed in the sauce tureen. Then the herbs and onions to be stirred in. If the sauce on tasting is too sharp, a little more oil must be mingled.

### Sauce à la Matelote.

Half a pint of broth, half a pint of Chablis, two bay leaves, a leaf or two of Tarragon, chervil, chibbal, pepper and salt, to be simmered till reduced to  $\frac{1}{2}$  pint. This sauce is to be used for fish which is directed to be cooked in a sauce *à la matelote*. The French

recipes give a *touch* of garlic. English palates dislike the taste of garlic, and English cooks can rarely be trusted to use this accessory sparingly enough to render it admissible.

### Brown Caper Sauce.

Dry the capers, so that the coarse vinegar in which they are preserved does not cling about them. Cut each caper into four pieces, and mix them into good brown sauce. Simmer till the sauce is properly reduced, and serve with boiled fish or meat in a sauce tureen.

### White Caper Sauce.

Dry the capers as in preceding recipe, and stir them in either with melted butter or Dutch sauce. Serve in a sauce tureen.

### Egg Sauce.

Boil three eggs hard ; cut up both yolk and white into pieces about  $\frac{1}{4}$  inch square, and stir them into a plain melted butter sauce.

### Cauliflower Sauce.

(American Recipe.)

- 1 small cauliflower ;
- 3 tablespoonsful of butter, cut in bits and rolled in flour ;
- 1 onion ;
- 1 small head of celery ;

Mace, pepper, and salt ;  
1 teacupful of water ;  
1 teacupful of milk or cream.

Boil the cauliflower in two waters, changing when about half done, and throwing away the first, reserve a teacupful of the last. Take out the cauliflower, drain and mince. Cook in another saucepan the onion and celery, mincing them when tender. Heat the reserved cupful of water again in a saucepan, add the milk. When warm put in the cauliflower and onion, the butter and seasoning, coating the butter thickly with flour. Boil until it thickens.

This makes a good sauce for boiled corned beef and mutton.

### Horse-radish Sauce (*cold*).

Take off the stringy outside of the root, and pound the inside. Mix with cream till it is a smooth paste ; add salt and either French vinegar, lemon-juice, or Chablis wine in the proportion of one table-spoonful of the acid to four of the cream.

If the sauce is to be served hot, yolk of egg and water is to be used instead of cream, which is nearly sure to curdle.

### Chestnut Sauce.

It is best to make this sauce from chestnut flour. If the sauce is to be white, veal broth and new milk must be used to make a purée, and dilute it to the state of sauce ; add salt ; if the sauce is to be brown omit the milk, and use brown stock and flavour with

onion. The sauce must be passed through a hair sieve. It is to be served with turkey, chicken, or pheasant in place of bread sauce.

### **Mayonnaise Sauce.**

To make this sauce it is necessary to have fresh but not newly laid eggs, the best olive oil and French vinegar or lemon juice. Only the yolk of the egg is used, and it must be freed from the germ. Pour a small quantity of vinegar into a cup, or squeeze the lemon into a cup and use from this—a rule it would be well to observe whenever vinegar has to be used, as if it is poured in from the bottle too much is sure to be the result.

Stir the yolks of one or two eggs, according to the quantity wanted, in a basin with a wooden spoon, introducing the oil drop by drop ; stir always one way, add a little pepper and salt, and finally a few drops of vinegar or lemon juice. In summer this sauce must be made in a cool place, and kept on ice. It must be of such consistency that the spoon can nearly stand upright in it. Each drop of oil must be stirred in, so as to disappear before fresh is added.

### **Mayonnaise Sauce No. 2.**

The egg used must be quite fresh, but it must not be new laid ; about three days old is the age best for this and all culinary purposes. Separate the yolk from the white, &c., take out the germ, to which a small particle of the white always adheres. The least

portion of white spoils this sauce. Put the yolk in a soup plate with a mustard-spoonful of made mustard, and a salt-spoonful of salt and of pepper. Mix well together with a fork, add the oil drop by drop, so that the quantity never exceeds your mixing process, which must go on slowly. Continue the dropping and mixing till the bulk of sauce is as large as you require for your dish. The last thing stir in a very small quantity of Tarragon or Maille vinegar.

When the taste of onion or of garlic is liked, rub the soup plate with either onion or garlic before making the sauce, but do not put any in the sauce.

In very hot weather, it is sometimes necessary to put the materials on ice, or the sauce will not 'come.' One egg will make a very large quantity of oil into Mayonnaise sauce.

### **Tartar Sauce.**

Proceed exactly as in the Mayonnaise sauce, and add to it a small quantity of mustard flour, a few shallots or miniature onion threads chopped very fine, and a very few capers chopped small.

Onion threads are the ten days old leaves of onion seed, sown at frequent intervals of time, to be sent up with radishes, &c. The flavour is peculiarly delicate.

Samphire chopped small can be also used to give piquancy to tartar sauce; it must be washed from the pickling vinegar, or it will give a strong taste.

### Soubise Sauce.

Portugal onions must if possible be used. If ordinary onions are used they must be blanched in boiling water.

Peel, take out the small core, *sautés* in butter, taking care they do not get the least brown ; add enough milk to cover them, and simmer till quite tender. Pass through the tamis ; add a pinch of salt, and a pinch of sugar, and enough cream to make a thin purée ; warm in the bain-marie, and serve round cutlets or in a sauce tureen, as the occasion may require.

### Soubise Sauce No. 2.

Peel and slice eight large onions. Put in a stewpan with 2 ozs. butter, pepper and salt, and cover the stewpan, and set on the hot-plate for the onions to dissolve but not to colour ; when quite soft add 4 ozs. flour, two freshly baked mealy potatoes, one pint stock, and  $\frac{1}{2}$  pint of cream. Stir over the fire for fifteen minutes, pass through a tamis or sieve, and keep hot in a bain-marie stewpan till wanted for the braised cutlets.

The cutlets are trimmed, *sauté*, so as to be brown on both sides, and then simmered in stock till tender, but not broken. Dish up in a circle, and surround with sauce, which also fills the centre of the cutlets.

### Purée of Mushroom Sauce.

Take 2 lbs. of large mushrooms, of which the gills are turning from red to black, wash, drain, remove the stalk and skin, which will do for flavouring sauces. Put them in a stewpan with a little butter, and after a few minutes' slow cooking add some sauce to complete the cooking of the mushrooms; this will take half an hour. Pass the whole through a tamis, and finish your purée with either cream or brown sauce according as the dish requires. For white entrées the purée should be dark (nearly black), as contrast of colour is desirable. Broken pieces of large mushrooms are quite as good as whole mushrooms. Button mushrooms must be used when a garnish, not a purée, is to accompany an entrée.

### Sauce à la Milanaise (*white*).

Take some good cream sauce, not too thick, and stir in a tablespoonful of grated Parmesan cheese, let it melt into the sauce which must be of the consistency of double cream when finished. This is a good sauce with turbot; it must be sent up very hot.

### Sauce à la Milanaise (*brown*).

Take some brown sauce which has not been thickened, stir in a little mustard flour, and grated Parmesan cheese which will thicken it. This can also be sent up with boiled white fish, or with boiled mutton.



### Gooseberry Sauce.

Take a pint of green gooseberries, remove the tops and stems, wash them, and stew for half an hour, or till quite tender, in just enough water for the stewing process to take place. When the gooseberries are soft, pass the pulp through a sieve, add sugar enough to give softness, but not to be perceived in the sauce. Mix in some butter and breadcrumbs, and pass again through the sieve. Let the sauce be the thickness of double cream. The pulp varies according to the state of the gooseberries, and breadcrumbs are added when the pulp would be otherwise too thin.

This sauce is to be used with mackerel, and is also a substitute for apple and tomato sauce with roast pork.

### Apple Sauce.

Pare, core, and quarter some good cooking apples and throw the quarters into a basin of cold water as you proceed. Have ready a milk saucepan, or a jar which will fit into a bain-marie. Let the apples stew in the jar or milk saucepan till tender. They require very little water, and if cider is to be had, use no water at all. Pass the pulp through a tamis, introduce sugar enough to correct the tartness of the apple, and butter to give mellowness. If the pulp is too thick, add some broth or white wine. Serve hot, and let the sauce be a rich golden brown, not white and raw-looking.

### Tomato Sauce.

This sauce can be made from either fresh tomatoes, or tomatoes preserved in tins. It cannot be made from the mixture sold as tomato sauce.

The tomatoes must be baked till they are tender, and then passed through a tamis. Have ready enough stock to make the purée of tomatoes into a sauce the consistency of cream. Warm in the bain-marie, and add a small lump of butter which must melt into the sauce, but not be boiled in it.

It is better to serve tomato sauce in a sauce-boat, as it gets chilled if poured into a dish, and some palates do not like the flavour of tomatoes.

### Fumet of Game Sauce.

Take two wild rabbits, two old partridges, and cut them up. Have ready onions, carrots, celery and button mushrooms, a bunch of fine herbs, and a bottle of Chablis. Let the whole simmer slowly till the flesh is off the bones, skim, take out the bones, add a pint of stock, and simmer for an hour or more. Pass through the tamis, and carefully remove any fat when cold. Warm in a bain-marie.

This sauce is particularly good with buttered eggs, or with quenelles. The white fillets of the rabbits and partridges may be taken out, and used for quenelles.

**Fumet of Game Sauce No. 2.**

Put in a stewpan the bones of a hare or rabbit, from which you may have taken the fillets, &c. for an entrée, the carcass of partridge or pigeon, or any remnants of game, two or three onions sliced, a sprig of thyme, a glass of Chablis. Let the whole simmer a short time, taking care that the meat does not stick to the bottom of the stewpan. Then pour in broth, in proportion to your meat, and let it stew for thirty minutes. Pass through the tamis. If there is enough meat it may be pounded, and added to the sauce before passing through the tamis ; but if not, add two or three spoonsful of brown sauce (that is, sauce already made and thickened). Keep hot in the bain-marie, and use for cutlets, tendrons, &c.

**Bigarade Orange Sauce.**

Mix some clear veal broth, with double the quantity of thickened brown sauce, and let it reduce.

Blanch the rind of two or three oranges, one to be Seville, and cut into thin fillets, scraping off the white lining ; squeeze the juice of the oranges, and take out the pips.

The sauce must be passed through the tamis before the orange juice and fillets are stirred in.

Then simmer the whole together for a short time and serve in a sauce-boat.

This is the special sauce for wild duck.

### Anchovy Sauce.

Put ten or twelve anchovies in a mortar, and pound them to a pulp ; pour a little water into the mortar, and shake it, put the pulp in a stewpan, let it stew over a slow fire, add a quarter of a drachm of Cayenne pepper, rub through a hair sieve, and mix with melted butter till quite smooth.

### Sage Sauce, and Mint Sauce

Put a quarter of a pint of stock in a stewpan with a handful of chopped sage. Let it boil for five minutes ; add two shallots minced very fine ; pepper, salt, and a pinch of sugar (the *taste* of sugar must not be perceived), and two teaspoonsful of French vinegar. Warm the whole and serve with roast pork, or pork cutlets.

By substituting *mint* for sage, the sauce is suitable to roast lamb.

### Bread Sauce.

Cut up the crumb of white bread into thin slices. Steep in cold water with some peppercorns, and one small onion. Simmer till quite soft. Then beat into a nearly smooth paste. To this add  $\frac{1}{4}$  lb. of fresh butter, and two tablespoonsful of cream.

If no cream is used, milk must be substituted for water at the first.

## Oyster Sauce

Oysters vary so much in size, it is not easy to lay down a rule as to the number of oysters required for each guest. But the rule may be laid down that the sauce is to contain such a quantity of oysters that each guest may have a fair share.

The required number of oysters must be blanched in their own liquor, and then drained. They are incorporated in a rich, cream-like white sauce, and just allowed to warm in that.

## Italian Sauce.

1 wine-glass of Chablis	) Simmer till reduced to half the quantity.
3¼ wine-glasses of broth	

Add mushrooms chopped fine ;

Half the quantity of shallot ;

Thyme, parsley ;

Salt, pepper.

Make a roux with flour and butter ; and stir for three minutes on the fire. Then stir in the above mixture, and let it simmer for a quarter of an hour, stirring slowly.

## To Purify Lard.

Put the lard in a jar, and the jar in a saucepan of water till it is melted, then pour it into a basin of boiling water, and beat it well ; let it stand till cool, then remove the lard from the surface of the basin,

the impurities remaining in the water. Melt it again in the jar and saucepan, and pour off into the vessel in which it is to be kept.

### To Clarify Suet.

Cut the suet, which must be quite fresh, into shreds ; pick out the bits of skin ; put it in a jar in a saucepan of water ; melt and pour into the proper vessel. The suet must not be kept till it is tainted or musty, as the melting and washing will not remove taint.

### To Clarify Dripping.

Put the dripping on the fire in a clean saucepan ; let it approach the boiling point, but not boil ; then pour it into a basin of boiling water ; stir with a wooden spoon ; let it cool, and then remove the dripping to a jar. Repeat the process if necessary to clear the dripping.

## CHAPTER XXIV.

*GARNISHES AND ACCESSORIES TO ENTRÉES.***Meat Stuffing.**

· **FORCE** ' meat, so called from the French word '*farce*,' is made thus :—

$\frac{1}{2}$  lb. of lean veal, or of the back of a rabbit, or the breast of poultry uncooked, is to be cut up small and then pounded ; 1 lb. of the suet from the kidney of beef, or the fat of half-boiled bacon or ham, is to be cut up and pounded ; then mixed with the veal, and seasoned with pepper, salt, and fine herbs ; stir in an egg. Mix so that the fat and lean meats are perfectly amalgamated. Then mix in another egg and half a wine-glass of water. Test the flavour by poaching a teaspoonful.

Shallots, mushrooms, truffles, little bits of tongue, can be mixed in ; they improve both the taste and appearance of the stuffing.

**Stuffing for Fish.**

- 1 lb. fine breadcrumbs ;
- 12 ozs. beef suet, chopped fine ;
- 1 teaspoonful chopped thyme ;

2 teaspoonsful chopped parsley ;  
Pepper, salt.

Mix thoroughly, and then add the yolks of two eggs. Again mix thoroughly, and then add the white of one egg.

### **Stuffing for Turkey, Fillet of Veal, &c.**

Take equal weights of breadcrumbs and suet, some sweet herbs and lemon peel chopped very fine, chopped ham or tongue, or bacon which has been boiled. Season with pepper and salt (very little salt, if you have used ham, &c.); mix thoroughly; bind with an egg or two which have been beaten together.

Be sure to have the inside of the turkey, hare, or fowl perfectly clean and sweet before you put in the stuffing. A lump of charcoal should be put into the inside, and allowed to remain for a few hours to purify the parts. Hares which have been much shot require the utmost care. It is better to send the stuffing up as fried balls if there is any suspicion of the hare being 'high.'

### **Stuffing for Rabbit.**

Boil two onions, mash, or cut up very small, add  $\frac{1}{2}$  lb. of boiled fat bacon or pickled pork, some chopped fine herbs, some breadcrumbs, a little pepper, and the yolks of two eggs. Mix it into a paste; wash and dry the inside of the rabbit thoroughly before stuffing.



### Another Stuffing for Turkey or Rabbit.

Make a purée of chestnuts, season with pepper and salt and lemon peel cut very thin and into small dice ; mix in  $\frac{1}{4}$  lb. fat bacon already boiled, and form a paste of the whole.

### Floating Garnish for Soups.

Besides those vegetable garnishes for soup which are called *Julienne*, *Xavier* or *Brunoise*, a variety of other garnishes may be drawn from the kitchen garden—small branches of cauliflower, very small onions, celery stamped or cut into shapes, cardoons treated in the same way, lettuce, spinach, or sorrel leaves stamped to the size of a florin or of a sixpence. One or more kinds of vegetable may be used ; the vegetable must be cooked in a small quantity of clear soup, and then used as the floating garnish of the tureen full.

### Profiterolles for Soup.

The paste is made in the same way as for sweet dishes, leaving out the sugar and orange-flower water. The quantity required is much smaller, as the paste is to be dropped on to the baking-tin about the size of a large pea ; they must be baked of a pale fawn colour. These little profiterolles, which are misnamed by cooks ‘prophet’s rolls,’ must be kept crisp, and only dropped into the clear soup at the moment of serving.

### Custard for Soup.

Prepare a red custard by mixing with the eggs and cream a little red carrot pulp, or tomato pulp.

Prepare a green custard by using the expressed juice of spinach, or green asparagus ; and flavour with onion pulp a third portion of the custard.

Pour the different colours into moulds or dishes, and let them cool ; then cut them into dice or wafers. These coloured custard dice should have a slight flavour of the vegetable juices, and should be firm, but not leathery ; they are to be warmed in a small quantity of the soup of which they are to be the floating garnish, and placed in the tureen. The rest of the soup is then poured over them.

This soup is known as '*potage à la royale*.'

The custard may be used without any colouring, or a few drops of cochineal may be used to give colour. But this is pleasing the eye, not the palate.

### Fried Parsley.

This garnish is frequently referred to as the accompaniment of croquettes, rissoles, &c. The sprigs of parsley are washed, shaken dry, but not squeezed, and made crisp in butter nearly at the boil. The parsley must not lose its colour, which would be the case if the butter were at a higher temperature, nor become sodden and limp, as would happen if the temperature were lower.

Parsley is also used as garnish without being

fried ; and watercresses, washed in vinegar and water and shaken dry, are another form of garnish.

### Potatoes à la Duchesse.

Boil, or bake, mash and pass through a tamis. Mix with cream, butter, or milk, and form into small balls, roll in breadcrumbs and egg, and fry a golden brown. Drain on a sieve. Do not dress these on the entrée where gravy is used.

### Potatoes Fried.

Cut raw potatoes into the shape of almonds, or lozenges, or circles ; wash and dry thoroughly. Fry in butter till of a slightly golden colour, drain, and use either to fill the centre or surround the sides of entrées of beef.

### Hominy.

Boil the hominy in water or milk ; season with onions, pepper, and salt. Form into balls, and proceed as for mashed potatoes ‘à la Duchesse.’

### Onions.

Take twelve onions the size of a walnut when skinned and trimmed. Put them in a stewpan with butter already melting, a pinch of sugar, a pinch of salt, and let them warm for a few minutes ; then pour in a teacupful of broth, and simmer till the broth is *reduced* to a glaze. The onion will be tender and

slightly brown, and ready to garnish any dish for which onions are suitable.

### Mushrooms.

Button mushrooms nearly of a size are to be used. Put them in a stewpan with butter, fine herbs, and chibbals, or onions when no larger than a pea. Warm for a few minutes, add a little flour and enough broth to moisten ; let them stew till no sauce remains ; make a liaison with yolk of egg and a squeeze of lemon, into which stir the mushrooms. Fry a round slice of bread if the *centre* of the dish is to be garnished, and dress on that.

### Olives.

The large Spanish olive looks best. The stone must be got rid of by cutting with a sharp knife round and round, as in peeling an apple—with this difference, that in the case of the apple it is desired to cut the peel as thin as possible, and with the olive it is desired to cut the peel so that nothing shall be left on the stone, and to maintain the form of the olive by keeping the spiral rind unbroken.

Stew very slowly in half stock, half Chablis wine. This garnish is always sent up with salmis of duck, and often with entrées of fillet of beef.

### Garnish à la Financière.

Cocks' combs, cocks' kidneys, very small quenelles,

sweetbreads cut to the size of grapes, button mushrooms, are the materials for this garnish.

The cocks' combs are generally bought in bottles.

If taken from the bird, they must be so trimmed at the edges as to allow of the blood disgorging, and the little skin must be rubbed off with a cloth dipped in boiling water and salt. It takes about eight hours' soaking in cold water to disgorge the cocks' combs.

They must be simmered in broth with lemon-juice and butter, till three-parts done, and then the other ingredients are to be added with a rich white sauce, and the cooking completed in this sauce. The garnish is used with a fricassée of chicken, or to fill a vol-au-vent.

### Egg Balls.

Take four hard-boiled eggs, separate the yolks from the whites, pass them through a hair sieve, add one tablespoonful of curry powder, one of flour, four raw yolks, salt and pepper. Mix them into a stiff paste, and make them into small balls; cook them in water, boiling for five minutes; drain them on a cloth, and use for soups or entrées.

### Aspic Jelly.

2 quarts filtered cold water ;

6 ozs. gelatine ;

$\frac{1}{2}$  pint French vinegar ;

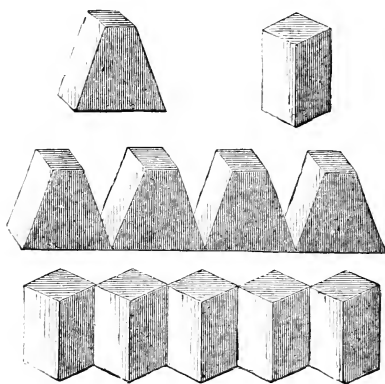
1 onion ;

1 head celery ;

1 bay leaf ;

A sprig of thyme ;  
30 peppercorns ;  
A little salt ;  
A very little cayenne pepper.

Dissolve the gelatine in a small portion of the water, add the rest of the water, and set to simmer in a stewpan ; let it cool, and skim off any impurities ;



CROÛTONS OF ASPIC JELLY.

have ready the whites and shells of four eggs ; whisk them in the jelly over a brisk fire till the eggs begin to coagulate ; pour on it then the juice of a lemon mixed with cold water and strained. Put the lid on the stewpan ; simmer for a short time ; strain through a jelly bag, and fill your garnishing mould, or pour into a shallow dish, and when cold cut into shapes and use as garnish.

### Economical Aspic Jelly.

Put a quart of white stock (*i.e.* made from veal or chicken) in a stewpan with 6 shallots, 1 bay leaf, a bunch of fine herbs, and 4 ozs. gelatine. Place on the fire, and stir till the gelatine is dissolved; then remove the stewpan, and let it cool; whip the whites of three eggs, and put in with half a pint of cold water and a tablespoonful of Maille vinegar. Mix this thoroughly with the jelly, and then put the stewpan on the fire, and let it come to the boil, and remain at the boil for ten minutes. Strain through a jelly bag or napkin, and pour into a border mould, or into a shallow dish to be cut into croûtons, or to cool for any use.

### Sippets or Croûtons.

Croûtons are pieces of stale bread shaped and fried in butter. Slices of bread are to be cut into dice, lozenges, triangles, squares, or any other shape, thrown into a frying-pan, in which butter has been heated, and fried a golden brown. They must be allowed to drain on a piece of paper on a sieve. If to be served with soup in the form of very small dice, they are dished up on a folded napkin.

If to be put round mince or spinach, they are sometimes soldered to the dish with white of egg, sometimes neatly stuck in.

Simpler sippets are made by toasting bread, and cutting into shapes; or by cutting into shapes and drying the shaped bread in the oven.

### Croustades.

The bread should be light, firm, and compact; a tin-baked loaf with an egg in the dough is best.

Cut into diamonds or rounds; fry a pale colour in butter. If for garnishing, the slices are about one-third thick when fried. If they are to contain mince or purée, they must cut so thick as to admit of the centre being cut out and a well or hollow left for the mince.

If the croustades are to have grilled mushrooms or anchovies on them, the size of the croustade and its depth must be adjusted to each.

### Croustades No. 2.

Cut some bread into slices as thick as a finger; shape them as you like; dip them in milk. Pile one upon another in a dish, and let them stand thus for half an hour; then smear white of egg over them with a brush; dent them down the middle with the back of a knife, and slanting strokes at the edges; scatter flour over them; fry them quickly in hot grease, and serve as an adjunct to the vegetables.

Or, instead of frying them in grease, heat a little butter in the frying-pan; lay the slices of bread in it; do them to a light brown, and serve.

### Breadcrumbs.

Breadcrumbs are used for a great number of dishes, both savoury and sweet, for frying fish and cutlets, for



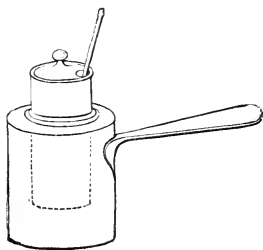
stuffing and garnish, and for all that is called 'au gratin.'

Crumbs may be made either with the crust of bread grated and used dry, with the interior of a stale loaf crumbled and sifted and dried in the oven, or, instead of being simply dried, they may be slightly fried in butter, carefully drained, and then used either in little heaps round the dish in which roast larks, for instance, are served, or in a sauce tureen, as with grouse and other game.

### Glaze.

As glaze made at home is much more delicate than that supplied at the grocer's, a small quantity should be made from time to time.

Take a knuckle bone of veal, some of the shin bone of beef with a little meat on it, any bones of cooked meat and poultry, a ham bone and some rind of bacon, and simmer in water for twenty-four hours. Four pints of water are to be reduced to one pint. The stock-pot must be very carefully skimmed at intervals.



GLAZE POT.

A very little seasoning of pepper and salt only is required, but the stock must be kept clean and clear. Strain through a hair sieve; pour into a glaze pot or jam jar. Warm by placing this jar in a saucepan with water in it when used.

This glaze will keep any length of time.

### To Boil Rice.

Take  $\frac{1}{2}$  lb. of rice, wash it well in two waters, *cold*, and put the rice into a two-quart saucepan without a cover. Fill it three-quarters full of cold water, and boil it slowly on a moderate fire, stirring occasionally until the grains become done enough, which will be known by tasting, as well as by feeling them between the finger and thumb. If soft to the heart they are ready, which will take about twenty minutes. Now put in one tablespoonful of salt, stir up and take off immediately, and throw the whole into a colander or drainer for ten minutes, and allow the water to drain thoroughly off, and the rice to become free and dry.

Patna rice is the cheapest and best; soak it in water overnight. It requires less time to boil when soaked. The rice becomes lighter from the fact that the grains separate more readily. Put the rice on in plenty of cold water, stirring it from the bottom of the saucepan occasionally. When the grains separate at the ends and they appear to form the letter X, the rice will be cooked; the time required is half an hour. When the rice is cooked, drain in a colander, and place it before the fire, stirring now and then with a fork. Then serve with the soup or dishes of curry.

### Yorkshire Pudding.

This excellent accompaniment to roast beef can only be well made when the joint is roasted, not baked, and the tin dish can stand under and receive the droppings from the beef.

Make a good batter with three eggs, six table-spoonsful of flour, a pinch of salt, and enough milk to form the batter into a smooth consistent paste. Let the tin dish become coated with droppings from the meat ; pour in the batter, let it brown, and set at the top ; then turn so that both sides are done. Cut into square pieces, dress on a napkin, and hand round with the roast beef.

### **Baked Batter.**

2 eggs ;  
2 tablespoonsful of flour ;  
 $\frac{1}{2}$  pint of milk ;  
Rather over  $\frac{1}{2}$  ounce of butter ;  
A little salt.

Beat it well and lightly, and bake for about half an hour in rather a quick oven.

To make 'toad in a hole' use this batter, and put into it sausages cut in halves or small pieces of uncooked meat.

### **Frying Batter.**

Put in a basin a quarter of a pound of flour, a small teaspoonful of best olive oil, a pinch of salt, a bit of butter the size of a walnut which has been melted in a little hot water, and mix together with one egg ; let it stand an hour, beat two whites of egg to a snow, and carefully work them in.

If the batter is intended for a sweet dish, omit the salt and add a teaspoonful of brandy. The sweet batter so prepared is suitable for fritters.

### Suet Pudding and Dumpling.

$\frac{3}{4}$  lb. flour ;  
 $\frac{3}{4}$  lb. stale breadcrumbs ;  
 $\frac{1}{2}$  lb. suet ;  
 $\frac{1}{2}$  gill milk ;  
A little salt.

The suet must be very carefully picked over, so as to get rid of skin and hard bits, and must be chopped very fine.

Mix thoroughly, so that a smooth paste is the result. Have ready a well-floured pudding cloth, and make into a long roll or a ball, as may be preferred. Allow for the paste swelling when you tie up the pudding. Put on in boiling water, and boil for three hours.

Suet dumplings are small portions of the above paste, the size of an egg, boiled in the same saucepan with boiled beef, and served with it.

### Pease Pudding.

Soak a quart or smaller quantity of split peas for two hours. Tie up loosely in a clean cloth ; set on the fire in a saucepan of cold water, and boil for about two hours. Rub them through a sieve, mix in some butter or cream, an onion, and season with pepper and salt.

Tie up in a well-floured pudding cloth as tight as possible this time, and boil for one hour.

What is left of pease pudding will thicken and flavour as soup, any weak stock or broth.

### Herb Powder for Flavouring.

- $\frac{1}{4}$  lb. parsley ;
- $\frac{1}{4}$  lb. lemon-thyme ;
- $\frac{1}{4}$  lb. sweet marjoram ;
- $\frac{1}{4}$  lb. winter savory ;
- 2 ozs. sweet basil ;
- 2 ozs. lemon-peel ;
- 6 bay leaves ;
- $\frac{1}{2}$  oz. celery seed.

Gather the herbs before they flower on a dry day, in the afternoon. Remove the stalks, dry on white paper, dry the lemon-peel, pound the peel and celery seed separately, and then the herbs. Mix all together, pass through a fine strainer, and bottle.

### Sandwiches.

Sandwiches may be made with either slices of bread and butter, of toast and butter, or of biscuits and butter for the outsides.

Meat, or potted meat, fish, hard-boiled eggs, or grated cheese may be used as the lining to the two surfaces of bread, &c. Be careful that the slices of bread are of the same size and thickness ; choose bread of a close, uniform texture.

Spread the inner surface of each slice with butter, and if suitable add a little mustard and salt.

Chop the meat, ham and chicken, or tongue and veal, together ; or if only one kind of meat is used cut thin slices, and cover the buttered surface with them.

Lay the other piece of bread or biscuit on the meat, and press the whole tightly together.

If fish is used it must be chopped up small, and a little cream and pepper and salt mixed in before spreading.

Cheese is to be grated, and for cheese sandwiches plain thin biscuits are always used.

For sweet sandwiches use marmalade.

## CHAPTER XXV.

## VEGETABLES.

AS we are writing for English readers, and for English dinner-tables, it may be as well to begin at once with the famous saying of the old cookery book, 'First catch your hare.' The great thing is first to 'catch' your vegetable; and sometimes this is more easily said than done, for the greengrocer's bill is a horror to think of, and vegetables in our ungenial climate are by no means what they are in France. They are often, if not actually hard and stringy, at all events very little nutritious, and in Scotland it may be noticed that the leaves of the spinach are as unsatisfactory as the radishes that have their eatable part in the earth.

Vegetables grown for the London market are full in form and fibre, but they are apt to be bleached, and sometimes to taste of the manure of the garden, or of the baskets of the market gardener. Altogether, vegetables, whether raw or cooked, leave a good deal to be desired, and they will continue to do so till the unsavoury slovenliness of the English market-places is remedied, till there are more *cloches* used to protect the crops from our cold spring winds,

and till the cooking ceases to be left to the tender mercies of the kitchenmaids.

Vegetables are notably among the things that are better managed in France ; and we may remark in passing, that the firm of MM. Vilmorin-Andrieux, of 4, Quai de la Mégisserie, Paris, supplies garden seeds of the very best quality. Their catalogues will introduce to the owners of rectory gardens and the like many articles of garden growth which would form a good addition to the table, such as the *mâche* salads, and the many excellent gourds which they advertise. This firm accepts payment in English stamps, to say nothing of a post-office order, and the tariff for the carriage or postage of seeds from Paris is very moderate.

All vegetables have an effect on the chemistry of the body, so that we cannot speak too highly of their importance at table. We will mention a few of these matters first, and dispose of this aspect of the subject, so as not to seem to mix the pharmacopœia with the kitchen. Asparagus is a strong diuretic, and forms part of the cure for rheumatic patients at such health resorts as Aix-les-Bains. Sorrel is cooling, and forms the staple of that *soupe aux herbes* which a French lady will order for herself after a long tiring journey. Carrots, as containing a quantity of sugar, are avoided by some people, while others complain of them as indigestible. With regard to the latter accusation, it may be remarked in passing that it is the yellow core of the carrot that is difficult of digestion—the outer, a red layer, is tender enough. In Savoy the peasants have recourse to an infusion



of carrots as a specific for jaundice. The large sweet onion is very rich in those alkaline elements which counteract the poison of rheumatic gout. If slowly stewed in weak broth, and eaten with a little Nepaul pepper, it will be found to be an admirable article of diet for patients of studious and sedentary habits. The stalks of cauliflower have the same sort of value, only too often the stalk of a cauliflower is so ill boiled and unpalatable that few persons would thank you for proposing to them to make part of their meal consist of so uninviting an article. Turnips in the same way are often thought to be indigestible, to be productive of flatulent misery, and better suited for cows and sheep than for delicate people. Yet here again the fault lies with the cook quite as much as with the root. The cook boils the turnip badly, and then pours some butter over it, and the eater of such a dish is sure to be the worse for it. Try a better way. Half boil your turnip, and then cut it in slices, like half-crowns. Butter a pie-dish, put in the slices, moisten with a little milk and weak broth, dust once with breadcrumbs and pepper and salt (adding a little cheese if you prefer it), and bake in the oven till it gains a bright golden brown. This dish, which is the Piedmontese fashion of eating turnips, is quite unsuited for the cows, and ought to be popular.

What shall be said about our lettuces? The plant has a slight narcotic action, of which a French old woman, like a French doctor, well knows the value, and when properly cooked it is really very easy of digestion. But in our country, though lettuces are duly grown in every garden, you often hear the remark,

‘I can’t eat a salad ;’ and as few cooks know how to use the vegetable which has been refused in its raw state, the lettuces are all wasted, and so is the ground in which they were grown.

Oh, the wilful waste and consequent woful want of our English tables and kitchens !

But enough said. Only, before speaking of some good dishes, we will add one word about pot herbs. Mint sauce has a strong hold on English affections ; but tarragon and chervil would be great additions to our cookery. As Izaak Walton returned thanks for the flavour of fishes, so we ought to value the flavour of these garden herbs. They might be to the cottage and the parsonage garden what truffles and mushrooms are to the tables of the rich ; and a teaspoonful of chopped herbs added to an egg, and a pat of fresh butter, in a cupful of the liquid in which a fowl has been boiled, will be found to be an excellent soup for an invalid. It will not only please the taste, but will actually soothe some of the forms of dyspepsia.

### **Washing Vegetables.**

All vegetables ought to be well washed first in salt and water. It is a good thing to turn the tap on them and let it run, or to dash them about in deep water by means of one of those wire baskets which in France are used either for boiling eggs or for washing vegetables.

Potatoes, carrots, and turnips must also be brushed in cold water, and kept in cold water till they are cooked.

Cabbage, cauliflower, and lettuce must be relieved of the outer leaves, and placed in salt and water to get rid of caterpillars, &c. It is sometimes necessary to divide a cauliflower into several parts and examine each carefully to detect the caterpillars.

The water in which cabbage has been boiled is nauseous in the extreme, and if any of it boils over or drops on the hot-plate, the whole house becomes aware of the accident. The water in which potatoes have been boiled is poisonous, and is only good for taking *green fly* off the rose bushes. On the other hand, the water in which peas, beans, lentils, or haricots have been boiled is very nourishing, and will make a good foundation for any soup.

### Cabbage.

To get rid of the disagreeable smell of cabbages, put into the water a piece of breadcrumb tied in a fine white rag. Take care to throw this into the fire after it has been a quarter of an hour in the pot, as it will have become very unpleasant.

The saucepan must be large, and  $\frac{1}{2}$  oz. of salt is to be used to a gallon of water. The cabbage is to be cut in quarters and put in salt and water to clean from insects. Drain and shake, and then put in the saucepan of quite boiling water, cover for ten minutes, and keep on the boil, then take off the cover, thrust down the cabbage, place the saucepan where it will simmer instead of boil, and at the end of thirty to forty-five minutes the cabbage will be done. Strain in a colander, and press with a vegetable presser or

between plates, till no water remains in the cabbage. Serve on a strainer, or cut into squares and dress in a circle. Young cabbage and sprouts take from twenty to thirty minutes to cook.

### **Ladies' Cabbage.**

(American Recipe.)

Boil a firm white cabbage fifteen minutes, changing the water then for fresh from the boiling kettle. When tender, drain and set aside until perfectly cold. Chop fine, and add two beaten eggs, a tablespoonful of butter, pepper, salt, and three tablespoonsful of rich milk or cream. Stir all well together, and bake in a buttered pudding dish until brown. Eat very hot.

We can recommend this dish even to those who are not fond of any of the ordinary preparations of cabbage. It is digestible and palatable, more nearly resembling cauliflower in taste than its coarser and commoner cousin-german.

### **Rice and Cabbage Balls.**

(Italian Recipe.)

The rice should be boiled with a little broth, and onions cut small and fried should be mixed well with the rice. Then fry the rice, adding a little water, so that it should not thicken too much. When cooked, add a little grated cheese and butter.

Take some cabbage, separate the leaves, put them in hot water to half boil, then rinse them. Take

each leaf separately, spread the rice thickly on it, and roll it up. When all are done in this way, take a stewpan with pieces of butter and some onions cut very finely, cook them well with a little water. Then place the balls of rice in the stewpan, and cook them until the cabbage is well done. When cooked, throw some grated cheese over them, and serve with tomato sauce.

### Brussels Sprouts.

Remove the loose hanging leaves. Put the sprouts in a saucepan of boiling water with a little salt, and let them cook for fifteen minutes. Let them drain on a sieve. Meanwhile, have ready a stewpan with a bit of butter. Place the sprouts in this, and let them just turn a little brown. Arrange them in a pyramid in a deep dish ; dredge some flour, pepper, and salt into the butter, and a spoonful of broth, and pour this over the sprouts. Garnish with fried croûtons.

### Turnip Tops.

Turnip tops—that is, the green leaves of the turnip—are very good eating, and very wholesome. They may be dressed as cabbage or as spinach. When dressed as spinach take care to use only the leaves, not the stems, and proceed exactly as in dressing spinach.

Cream is more delicate than butter, and if the dish is to be used on *maigre* days, the yolk of an egg for every two guests may be stirred into the cream ;

sippets of toast must be placed round, or be stuck into the green mound.

### Red Cabbage.

Slice the cabbage in thin transverse layers ; throw into a pan of cold water, the outer leaves being first removed.

Drain the shreds. Cut an onion in very thin slices and mix with the cabbage. Put in a stewpan some beef dripping, or some of the fat from cold stock, a seasoning of pepper and salt, and let it melt. Then put in the cabbage and onion, and cook slowly for from four to five hours.

When the cabbage has soaked up the fat and is partly done, mix a teaspoonful of vinegar in half a teacupful of stock and pour in, and dredge in a very little flour. Simmer on till the cabbage has nearly absorbed the gravy. The stewpan must be a well-tinned one.

### Colcanon.

Boil and drain tender cabbage, or greens cut in slices, omitting any tough stems if the cabbage is not young. Cut cold potatoes into small fragments ; mix with the cabbage ; season with pepper and salt, and fry in dripping or butter till some of the potato turns brown. Dish up in a heaped mound ; garnish with sippets of toast or with sausage balls.

### **Jerusalem Artichokes.**

Trim twelve artichokes. Put in a baking dish 2 ozs. of butter or dripping, with salt and pepper. When melted, put in the artichokes, and roast for half an hour in the oven, or Dutch oven ; baste frequently, and roast quickly so that they become a rich brown. Serve in the same dish they are baked in.

### **Jerusalem Artichokes au Gratin.**

Boil the artichokes in milk and water till they are tender enough to pass through a tamis. Stir in a little cream ; put the purée in a shallow china dish ; sprinkle the top with grated Parmesan cheese, and brown before the fire, as is done with ‘Macaroni au gratin.’

### **Jerusalem Artichoke Chips.**

Cut the artichokes in thin slices, as potatoes are cut for chips. Fry them in butter a golden brown. Place them on white paper before the fire to get rid of the butter, and send up on a napkin.

### **Globe Artichokes.**

The commonplace way of dressing green artichokes is to boil them in water. Let the water drain away, dish them up on a napkin, and send melted butter or Dutch sauce in a tureen, to be eaten with them.

**Artichokes à la Barigoule.**

(Fonds d'artichauts.)

Parboil the artichokes, one for each person. Strip the leaves off the artichokes, and take out the choke ; then stuff them with breadcrumbs, parsley, mushrooms, truffles, shallots, and any savoury meat, all chopped fine, and seasoned to taste. Line a stewpan with bacon, ham, carrots, sweet herbs, and arrange the artichokes side by side upon them ; pour over all a glass of white wine (Chablis), and let them cook in the oven, the stewpan tightly covered, till quite tender ; strain the liquid remaining in the stewpan, add some baked flour, let it simmer, pass again through the strainer, and pour round (not over) the artichokes.

**Artichokes à l'Italienne.**

Proceed as in the previous recipe, but make the stuffing of fried onion, chopped very small, browned breadcrumbs and scraped Parmesan cheese. Finish in the oven.

**Artichokes à la Hollandaise.**

Boil the artichokes, make a purée with the eatable part of the leaves, and use it to fill the bottoms. Put a little Dutch sauce on each, and surround the bottoms with some more of the sauce.



### Mayonnaise of Artichokes.

Proceed as before, let the artichokes get cold. Mask each bottom with mayonnaise sauce ; and sprinkle chopped parsley and capers, or grated tongue, over each.

### Cream of Artichokes.

Parboil the artichokes, strip off the leaves and press out the eatable part of each leaf, remove the chokes from the bottoms, and pass through the tamis all the pulp thus obtained, season with salt and pepper ; and if the taste of onions is liked, add to the artichoke pulp a little onion pulp. Mix with double cream, and steam in a mould very slowly for about twenty minutes. Turn out of the mould, and serve with a cream sauce round. This is another of those dishes which may be called the vegetarian's dainty dishes.

### Asparagus.

There are two kinds of asparagus, that which is green from tip to stem, and that which is green and purple at the tip, with a long white stem. The green kind takes much less time to boil ; ten to fifteen minutes may make it tender, whilst the other kind may require as long as thirty minutes. The water in which asparagus is cooked must not only boil when the bundle of asparagus is put in, but must continue to boil the whole time. Salt in the proportion of 1 oz. to 2 quarts of water is to be put in. The bundle of

asparagus must be even at the stems' end, so as to stand upright in the saucepan, the tips being an inch above the water. Care must be taken not to break off the tips at any stage, either in cleaning, boiling, or dishing up. The water must be allowed to drain before placing the asparagus on a bed of toasted bread the same length as the asparagus in an oval dish.

Asparagus is sold tied up in bundles with large stalks outside and small ones inside ; this makes it very difficult to cook evenly. The best plan is to take out the small stalks and use them as the floating garnish for soup, or as 'pointes d'asperge.' Dutch sauce should be sent up with boiled asparagus.

Cold asparagus is an excellent dish, eaten with oil and vinegar, or with mayonnaise sauce.

### Sprue and Eggs.

When asparagus is too long and thin to be served *en branche*, a very good dish is made with it thus :

Cut into lengths of an inch ; boil till tender, but not too soft ; drain thoroughly.

Take three or more eggs, according to the number of guests and the available sprue, beat yolks and whites separately, and add a little milk and butter, or, better still, some cream. Mix in the asparagus, just warm in a saucepan, and send up in a deep dish with a border of fried bread ; or send up on cushions of fried bread, as buttered eggs are sent up.

### French, or Haricot Beans.

This vegetable is particularly useful, because it can be eaten at three periods of its development. It can be grown as a forced vegetable very easily, and it bears perfectly the process of being preserved in a tin at two of these periods ; whilst in its third period it requires mere storage to be ready for cooking at any time.

### French Beans.

When quite young and tender French beans are to be cut in the usual slices, cooked in boiling water, drained from the water, and a little piece of butter placed in the dish with them ; or if they are to be served as a dressed vegetable, after boiling and draining a ' Poulette sauce ' is to be mixed with them

### Flageolets.

This is the second stage of French beans, *i.e.* when the pod is no longer eatable, and the bean inside is fit to be eaten as green peas are. The same mode of cooking as for green peas can be adopted. When the flageolets are canned, or preserved in tins, it is desirable to wash and dry them before cooking.

### Haricots.

This is the third stage of the French bean : it has been allowed to complete its maturity, has been shelled and allowed to dry naturally.

Before cooking dry haricot beans, they must be steeped in water overnight, and put on in fresh cold water. The time required to make them tender depends on the more or less hard state in which they are. Those bought at shops may be more than one year old, or may be over-dried. It is well therefore to experiment on a few beans. If no experiment has been made and the beans prove to be not soft enough to receive the savoury part of their treatment, the judicious cook will not attempt to send them to table that day.

Let it be clearly understood that the beans must be made quite tender by soaking and boiling.

When quite tender the water is to be drained from them, and a little good dripping and flour, a pinch of salt, and a sprinkle of pepper are to be stirred in, and the beans are to be allowed to absorb the fat, and just assume a slight colour before serving. At the last moment, add some chopped or powdered parsley.

### Windsor Beans.

When young and tender these beans are to be cooked in boiling water with a little salt, drained and dried in a cloth, and served with parsley and butter stirred in, or with a rich parsley and butter sauce handed round.

When old, these beans must have the tough outer skin removed ; and then they must be warmed again with a sauce, or made into a thick purée for garnishing a dish of cutlets.

It is usual to send up boiled bacon or pig's face with Windsor beans.

### Lentils.

If fresh, cook them in boiling water and proceed as for peas or beans.

If dry, soak ; and cook in cold water as haricot beans.

### Cauliflower.

For this vegetable, as for asparagus, the water ought to be not only hot but boiling ; and both salt and butter should be added to it while it continues to boil. By paying attention to this rule, and by straining quickly, you may avoid the sodden broken-up heap which is often served as cauliflower. The stalk ought to be cut across twice, thus,  $\times$ , so as to allow it to cook as quickly as the flowers.

### Cauliflower au Gratin.

This is a popular dish, but English cooks seldom prepare it successfully. To dress this vegetable well it ought to be first thoroughly washed, have a cross  $\times$  cut in its thick stalk, and then be cooked in perfectly boiling water. Let the head drain, then put it neatly in a dish that will stand the oven, and dust it with grated cheese. Make a white sauce of milk and stock, and get it pretty thick ; stir in grated cheese, and when it is smooth mask the cauliflower with it. Add breadcrumbs all over the sauce, and put the dish

in the oven, till the whole has got a bright golden brown, and serve.

### Scalloped Cauliflower.

Boil until tender, clip into neat clusters, and pack, the stems downwards, in a buttered pudding dish. Beat up a cupful of breadcrumbs to a soft paste with two tablespoonsful of melted butter, and three of cream or milk ; season with pepper and salt, bind with a beaten egg, and with this cover the cauliflower. Cover the dish closely and bake six minutes in a quick oven ; brown in five minutes more, and serve very hot in the dish in which it was baked.

### Celery à l'Espagnole.

Select celery which is well grown and not woolly inside ; cut it into lengths of six inches, and blanch in boiling water. Line a stewpan with slices of bacon ; place the celery on these ; mix together four table-spoonsful of 'espagnole' and the same quantity of broth. Simmer for three-quarters of an hour. Place the celery in the proper dish, remove the grease from the sauce, and pour it round the celery.

### Turnip-rooted Celery.

(Céleri rave.)

This is a kind of celery particularly suited to stewing. Care must be taken to wash thoroughly, so as to get rid of any earthy matter which adheres

to the celery ; the leaves are to be cut off about an inch from the root, and when the root has become large, as it does by midwinter, it may be necessary to divide it into quarters. It is to be blanched in boiling water, which is salted. Then let it drain till no more liquid runs away. Simmer in a rich sauce, allowing the sauce to reduce with the celery in it, dress neatly in a deep dish and send up the sauce round it. As in the case of cardoons, the sauce must be of the consistency of cream.

As turnip-rooted celery is not much cultivated in England, it may be useful to add, that it is sown and grown like the more common kind of celery, but it does not require to be earthed up, and it is less liable to suffer from frost. It can be used as early as October.

### Cardoons.

This excellent vegetable is little known in England.<sup>1</sup>

The Spanish cardoon is the best sort to grow. The stem of the leaf is the part eaten. It must be white, firm, and as thick as a finger when dressed. The inferior kind shrinks to the size of a pencil, and is stringy.

Remove the green and thready coating, cut into lengths of about five inches, blanch in water and lemon-juice, stew for three or four hours in white sauce. When they are quite tender take them out of this sauce and drain thoroughly. Place them in a

<sup>1</sup> The best way to grow cardoons is to plant them in a trench, and bank them up like celery. The stalks must be blanched before they are fit to eat.

stewpan with rich brown sauce, almost in the state called half-glaze, and let them warm through. Garnish with croûtons of bread filled with marrow. Cardoons or celery which have been braised are very suitable for beignets; the process is the same as that for apple beignets, salt being substituted for sugar.

### **Vegetable Marrow.**

Do not boil vegetable marrow. If it is to be eaten plain, cut in sections, remove the rind and seed; bake in the oven; baste with butter or dripping, and sprinkle a little parsley over before serving, or pour Dutch sauce over and around, or a Mayonnaise sauce.

### **Vegetable Marrow au Gratin.**

Bake; pass through a tamis; add a little cream; put in a shallow dish; spread Parmesan cheese scraped fine on the top and breadcrumbs, and finish in the oven as macaroni.

### **Vegetable Marrow or Aubergine à la Provençale.**

Cut each vegetable into two parts; scoop out the seeds; sprinkle a little salt upon it, and let it stand to drain away the water. Fry them in oil.

Have ready a stuffing composed of breadcrumbs, parsley, onions, and oil; season with pepper and salt. Fill each half of the marrow with this, and set it to brown in the oven.



## Salsify or Mock Oysters.

(American Recipe.)

Scrape the roots thoroughly, and lay in cold water ten or fifteen minutes. Boil whole until tender ; drain, and when cold mash with a wooden spoon to a smooth paste, picking out all the fibres. Moisten with a little milk ; add a tablespoonful of butter, and an egg and a half for every cupful of salsify. Beat the eggs light. Make into round cakes, dredge with flour, and fry brown. Salsify when thus prepared may be sent up 'au gratin' in a fire-proof china dish, or in scallop shells to imitate oysters. The bread-crumbs on the top must be browned and steeped in butter.

## Salsify Fried.

Treat the salsify in the usual way as regards steeping and boiling, cut into lengths of 3 inches, and if the salsify is very large into shorter pieces, but whatever the length may be the pieces should be of the same size. Dip in breadcrumbs and egg, and fry a golden brown, or coat with batter and fry.

It is to be remembered that the salsify must be thoroughly cooked by the boiling process ; frying cooks the outside, but if the inside is not already tender, frying does not alter that.

Salsify may be cut into rounds and warmed in a poulette or béchamel sauce.

### **Cucumbers and Beef Marrow.**

Select some young cucumbers ; take off the rind, and cut off the two ends. Cut them into slices about  $1\frac{1}{2}$  inches thick ; blanch them in hot water.

Have ready a stuffing made of breadcrumbs, parsley, and beef marrow. Scoop out the slices of cucumber and fill them with this stuffing. Place some thin slices of bacon on a china dish which will bear the oven ; arrange the cucumber neatly upon it ; pour in a little very good sauce, and let them cook slowly in the oven. Drain them, and serve with that sauce which is called half-glaze.

### **Kohlrabi Steamed.**

Peel some young kohlrabi and cut into thin slices. Steam them slowly till soft with some gravy and a small piece of butter. Meanwhile mix a small table-spoonful of flour in melted butter, and stir this into gravy till quite smooth ; season to taste ; boil it up and pour through a sieve over the kohlrabi, which should now be quite soft in this sauce. They must be covered while boiling in order to keep perfectly white. A dessert-spoonful of sugar is boiled with them.

### **Mashed Kohlrabi.**

Cut the kohlrabi in slices ; boil in salt and water ; drain ; mash with a fork, and then pass through a tamis. Season with pepper and salt ; stir in cream

or butter and milk ; arrange in a heaped-up mass ; garnish with fried or toasted croûtons, or with balls of sausage-meat, or with egg-balls.

### Kohlrabi au Gratin.

Select a young kohlrabi ; pare it, and cut in thin slices. Simmer it in salt and water till quite tender. As this takes a long time, which can only be determined by experience, put it on in the morning. Take it off the fire when tender, and let all the water drain away.

Take a china dish which will bear the fire ; coat it with butter and browned breadcrumbs, then put a layer of the sliced kohlrabi, with a little cream, then a layer of forcemeat, then another of kohlrabi. Mix some broth and cream, and pour in a small quantity. Strew the surface with fried breadcrumbs ; finish the dish in the oven, and before the fire.

### Lettuce in Stock (*au jus*).

The lettuces must be well cleaned and steeped in cold water ; cut all to one length, and tie lightly together. Put them in a buttered pan ; cover them with a buttered paper ; put a piece of onion and a bay leaf in beside them, and feed them with broth till they soften and swell. They require two hours slow feeding and cooking between two fires.

Take them out, untie the bundle, and serve with a little fresh bright stock or with a white sauce.

### Stewed Lettuce.

Parboil ; strain, and let all the water run away. Fry in butter till the lettuces look' a russet colour. Serve with a rich gravy or an egg and cream sauce.

A little salt and pepper must not be forgotten.

### Dressed Endive.

Pick off all the outer leaves, leaving only the white. Trim the roots and wash the endive in several waters, carefully removing any insects concealed in the folds of the leaves. Put a large stewpan half full of water on the fire. When the water boils throw in the endive with a handful of salt ; let the endive continue to boil until quite tender. Drain in a colander, and also squeeze till all the water is got rid of. Take each head of endive and cut off the root ; again look through the leaves for insects (spreading each leaf out with the point of a knife). Chop the leaves small, and pass through a coarse wire sieve. Put them in a stewpan with 2 ozs. of butter, a pinch of salt, and stir over the fire for ten minutes ; add half a gill of cream, a tablespoonful of white sauce, and a dessert-spoonful of powdered sugar. Let the whole simmer till it is thick enough to bear being put in a heap. Garnish with fried croûtons, and serve very hot.

## Mushrooms.

The mode of cooking mushrooms must depend on the age and size of the mushroom. Mushrooms grown wild have a far more delicate flavour than those grown from spawn in mushroom houses and in cellars.

### Button Mushrooms.

These must be chosen of the same size ; they must be skinned and trimmed, and the trimmings can be used to flavour gravies.

Put in a stewpan or bain-marie pan some cream and a little broth, and dredge in a little flour which has been dried. Stir this till it is a smooth sauce ; stew the mushrooms in it till they are tender. Serve in a deep dish with sippets of fried bread. If the sauce is too thin, take out the mushrooms and keep warm whilst the sauce *reduces* to the proper consistency.

### Large Mushrooms.

When the mushrooms are large and the gills are black, the best way is to sprinkle them with pepper and salt, to grill them on both sides, and to serve on toast.

Some mushrooms are best stewed for a quarter of an hour in white sauce, with a squeeze of lemon. As mushrooms yield a good deal of liquid, the sauce must be allowed to reduce after the mushrooms are

cooked, and yolk of egg may be stirred in the sauce. Serve with croûtons of fried bread round or on little cushions of fried bread.

### Truffles.

Truffles may be used as an accessory to savoury dishes ; as an ingredient in forcemeat and sauces ; as a garnish or as a vegetable. In the latter case they are called ‘*Truffles à la serviette,*’ or ‘*Truffles in a napkin.*’

Truffles must be of good quality and with a fresh flavour. They are always very costly, and if intended to be a dish by itself, truffles must be of the first quality.

Soak them in cold water ; scrub with a brush, and do not pare them, but cleanse in more water and again use a brush. Boil in a mixture of half champagne, half veal broth ; for an hour or an hour and a half. Drain them, and serve in a heap in a napkin. Save the sauce in which they have been boiled for gravies and sauces.

A very useful and less costly flavour for sauces can be obtained from ‘*Pelures de Truffles,*’ sold in tins in Paris.

### Onions.

Before using a sweet onion cut off a slice at the head, and another at the root. The addition of a little white wine to the stock (such as Chablis)

makes the taste of a stewed onion much more delicate.

### **Baked Onions.**

The large Spanish or Bermuda onions are the only kinds which are usually baked. Wash clean, but do not remove the skins. Boil for an hour—the water should be boiling when they are put in, and slightly salted. Change it twice during this time, always replenishing with more, boiling hot. Turn off the water, take the onions out and lay upon a cloth, that all the moisture may be absorbed or evaporate. Roll each in a round piece of buttered tissue paper, twisting it at the top to keep it closed, and bake in a slow oven for nearly an hour. When tender all through, peel them, put them into a deep dish, and brown slightly, basting freely with butter. This will take perhaps a quarter of an hour more. Serve in a vegetable dish, and pour over the melted butter, when you have sprinkled with pepper and salt.

### **Glazed Onions.**

Remove the outer skin of the onions, put them in a stewpan in which some butter is dissolved, with some sugar, salt, and a small quantity of stock; let them simmer in this till tender all through, and brown on the outside; if required, a little fresh hot stock may be added while the simmering goes on. The onions must be of the same size, and not too large, or the inside will not be properly done. If the

onions are for garnishing, they must absorb all the stock ; but if they are to form a separate dish, there must be a larger quantity of stock. The onions must be taken out and kept warm, whilst brown flour is stirred into the sauce, and simmered for a short time. This sauce is sent up round the onions.

### Onions à la Poulette.

Take small white onions of the same size, boil them, with a little salt in the water ; when tender take them out, and drain thoroughly. Prepare a poulette sauce, or a cream sauce, and warm the onions in this.

### Stewed Leeks.

Remove the coarser leaves from the leeks, cut them to convenient lengths of about four inches, wash them, blanch in boiling water, take out, drain, and blanch a second time in water with a little salt, drain thoroughly. Then simmer in good sauce, taking care there is not too much at first ; it is easy to add more liquid, but if too much is used at first a watery dish is the result. If meat flavour is not desired, the sauce must be made with cream, or with milk and eggs.

### To Boil Potatoes.

Wash and brush in cold water ; if absolutely necessary remove the eyes and rough parts, but



young potatoes need never be touched with the knife.

Place the potatoes in a saucepan of boiling water and let them cook slowly for from twenty to thirty-five minutes.

When quite tender pour away all the water, cover the saucepan with a folded cloth, and allow them to evaporate on the hot plate for about ten minutes.

If the skin is to be taken off, this can be done before the evaporation process ; but, skin or no skin, always let the evaporation take place either in the saucepan, in the oven, or before the fire.

Very mealy potatoes must be put on in cold water, as otherwise the outside is done before the middle.

### **New Potatoes.**

These should be dug up as short a time as possible before cooking. Wash and brush.

Put on in boiling water with  $\frac{1}{2}$  oz. of salt to the gallon of water. Boil till tender, that is, for about a quarter of an hour. Strain off the water and let them evaporate for a few minutes. Fold a napkin in a wooden bowl, and serve the potatoes very hot, but do not cover.

### **Old Potatoes.**

Peel, and remove eyes and specks ; or if in good condition wash, brush, and throw into cold water. Proceed to cook as above, but do not let the water 'gallop,' or the outside will be a jelly, the inside a stone.

Twenty to thirty minutes will be required. Pour away the water, cover the saucepan with a cloth, and let the evaporation go on for five or ten minutes.

### Potato Balls.

Bake in their skins some sound round potatoes. Remove the skins, mash the potato, mix with cream or milk till a firmish paste is formed, season with eggs, salt, pepper, chopped herbs, and a shallot. Take three eggs (more or less according to quantity required), beat yolks and whites separately, stir in the yolks first.

Drop the paste out of a dessert-spoon into boiling fat, and fry ; or if preferred coat with breadcrumbs and egg before frying.

If a sweet dish is desired, omit the savoury ingredients, use lemon peel, cut in the smallest fragments, and put sugar instead of salt.

### Savoury Potatoes.

Take six potatoes with skins in a sound condition, clean thoroughly. Bake till the inside is tender, but the skin not blistered. Cut off a slice from the end of each potato, and scoop out the meal. Mash till quite smooth with cream or butter, pepper and salt, and a very little Parmesan cheese ; lastly, stir in the yolk and white of an egg well beaten, and warm in a saucepan. Fill the potato skins, put them in the oven for a minute or two ; the mixture ought to form a

sort of 'head' to the brown skin ; place on a napkin on a round dish, and send up to be eaten by themselves.

If the potato skins are not good, the mixture may be put into little china soufflé cases.

This is a good *maigre* dish, and fish, even bloater carefully chopped up, may be mixed in.

### Potatoes à la Maître d'Hôtel.

Take cold potatoes which have not been over-cooked, and cut them in slices about three-eighths of an inch thick, and of nearly the same size ; put them in a stewpan with butter or cream, chopped parsley, chopped shallot if liked ; salt and pepper, and a teaspoonful or less of vinegar. Let them warm through, and serve in a deep dish.

### Potato Puff.

(American Recipe.)

Take two cupfuls of cold mashed potato, and stir into it two tablespoonfuls of melted butter, beating to a white cream before adding anything else. Then put with this two eggs whipped very light, and a tea-cupful of cream or milk, salting to taste. Beat all well, pour into a deep dish, and bake in a quick oven until it is nicely browned. If properly mixed, it will come out of the oven light, puffy and delectable.

### Potato Chips.

Cut raw potatoes in slices, the thickness should be one-sixth of an inch ; melt some well-clarified beef dripping or kidney fat in the frying-pan ; when very hot put in the potatoes and fry for about six minutes, stirring and tossing them so that they do not stick together. When they are soft take them out with a skimmer and let them drain on a wire sieve whilst the fat gets to boiling point ; return the potatoes and fry for three or four minutes longer, place them on paper before the fire till they are dry, sprinkle a little salt on them and serve.

The second frying causes the slices of potato to swell as if they were hollow. The proper colour is a rich golden hue, not a dark tint. The potato must be cooked all through.

### Peas.

Young green peas require from twenty minutes to half an hour. The best way is to work them well into butter and water ; then pour off the water, and add a little salt and a teaspoonful of sugar. Cover them, and let them cook slowly for about half an hour ; but towards the end of the season, when the peas begin to get mealy, you must give them a glass of water while they are cooking. Before serving, work in some butter and a pinch of flour, and set them on the fire for a short time. Some people add a sliced onion, or some shreds of lettuce.

### Stewed Peas.

1 quart peas ;  
3 ozs. butter ;  
1 oz. white onion ;  
 $\frac{1}{2}$  oz. white sugar ;  
A pinch of salt ;  
1 gill of water.

Stew for half an hour in a closely covered stewpan ; when done enough, add 3 ozs. of butter ; toss it well in the stewpan, so that it mixes with the peas, but do not put it on the fire or it will *oil*.

### Young Peas 'dressed.'

(Petits pois à l'ancienne mode.)

Choose a fine lettuce, strip off the outside leaves, open the centre and place in it a fresh sprig of thyme, tie it up so that the lettuce may not tumble to pieces.

Place it in a stewpan with  $1\frac{1}{2}$  quarts of young peas freshly shelled ;  $\frac{1}{2}$  lb. of fresh butter and a gill of water ; not more water, because the lettuce and the peas yield a good deal. Add salt, but in moderation. Let it cook on a slow fire for twenty minutes, then take out the lettuce and allow the peas to stew till the sauce is absorbed. Then stir the yolk of an egg into four tablespoonsful of good cream, a teaspoonful of powdered sugar, and a sprinkle of white pepper. Mix this quickly with the peas, so that their heat and that of the stewpan warm the cream. Do not put

the sauce on the fire, or the egg and cream will curdle. This is a vegetarian's 'dainty dish.'

### Peas and Ham.

Cut some ham into squares half an inch each way ; take some small onions, or else pieces of onion cut the same size as the ham ; fry them a light brown ; add this to the required quantity of young peas, stir in some flour and butter and enough broth for them to stew in.

The time will depend upon the age of the peas.

### Polenta.

Polenta is made of Indian corn meal ; the grain of Indian corn is so hard that some well-ripened kinds are called 'flint corn.' The mill stones used for grinding other grain may be used for Indian corn. The grain being larger than wheat, it is necessary that the stones should be kept wider apart and not driven too rapidly, for when the motion of the stones is too rapid, the meal becomes heated and injured : the cause of injury to the meal is its being ground too fine ; 'it kills or deadens the meal.'

Polenta of Indian meal is made exactly like Scotch porridge. While the water is boiling, drop the flour in with one hand, stirring incessantly with the other with a wooden stick, until a stiff paste is formed, which takes about a quarter of an hour. Salt should also be added as it boils. Polenta should be more solid than porridge, and ought to cut into

firm slices with a knife or thread. These slices cut into small squares or lozenges, and fried in butter or oil, are sometimes served with toasted cheese, or brown gravy, when they form a substitute for a vegetable. They may be also used to garnish roast meat like Yorkshire pudding. Toasted crisply they are good as a garnish for dishes like stewed pigeons, or any other with which toasted bread is generally used.

### **Polenta No. 2.**

Stir a quart of Indian corn meal into a quart of boiling water, add a little butter and some salt, boil it and stir without ceasing till it inclines to stick to the bottom of the saucepan ; now pour the polenta on to a round dish, and thence on to the proper dish, to serve with either meat or fruit. It may also when nearly cold be cut into thin slices, and laid on a tin thickly buttered ; between the successive layers strew some grated Parmesan cheese and some small pieces of butter. Bake for an hour in a moderately hot oven. In serving, carefully remove the fat.

### **Polenta No. 3.**

To each pound of Indian meal add three tumblers of water (about  $1\frac{1}{2}$  pints). The water must be boiling, and mixed gradually with the meal, stirring it all the time it is on the fire, lest it should form lumps. Add a little salt, and let it boil ten minutes. When cooked it may be eaten with milk.

## Indian Corn Porridge.

(American Recipe.)

To make a soup-plate full of porridge, put  $2\frac{1}{2}$  pints of water and a teaspoonful of salt in a saucepan on the fire ; when it boils scatter in with one hand about a pint of the Indian corn meal, stirring all the time with the other ; let it boil for nearly half an hour ; stir all the time. It makes a substantial breakfast or supper if boiled in milk or broth instead of water.  $3\frac{1}{2}$  lbs. of the meal make porridge for ten persons. If cooked in either milk or water, cold milk should be eaten with it.

## Hominy.

(American Recipe.)

Hominy is made of the broken grain of the Indian corn. It should be soaked overnight in warm water, changed in the morning to clean cold water and boiled gently for an hour and a half. When cold, warm it over, eat with milk, molasses, bacon, salt, or alone.

Observe : that Indian corn requires thorough cooking in all its preparations, as if not sufficiently boiled or baked it loses its flavour and becomes indigestible.

## Boiled Hominy.

(American Recipe.)

If the large kind, soak overnight in cold water.



Next day put it into a pot with at least two quarts of water to a quart of hominy, and boil slowly for three hours, or until it is soft. Drain in a colander, heap in a vegetable dish, and stir in butter, pepper, and salt.

Soak the small hominy in the same way, and boil in as much water slowly, stirring constantly to the last. It should be thick, and may be eaten at breakfast with sugar, cream, and nutmeg. It is a good and wholesome dish for children. The water in which it is boiled should be slightly salt. If soaked in warm water and the same be changed once or twice for warmer, it will boil soft in an hour. Boil in the last water.

### **Fried Hominy.**

(American Recipe.)

If the large kind, put a good lump of butter or dripping in the frying-pan, and heat. Turn in some cold boiled hominy, and cook until the under side is browned. Place a dish upside down on the frying-pan and upset the latter, that the brown crust may be uppermost. Eat with meat.

Cut the small hominy in slices and fry in hot lard or dripping. Or, moisten to a soft paste with milk, beat in some melted butter, bind with a beaten egg, form into round cakes with your hands, dredge with flour, and fry a light brown.

### Hominy Croquettes.

(American Recipe.)

To a cupful of cold boiled hominy (small-grained) add a tablespoonful of melted butter and stir hard, moistening gradually with a cupful of milk ; beat to a soft, light paste. Put in a teaspoonful of white sugar, and lastly a well-beaten egg. Roll into oval balls with floured hands, dip in beaten egg, then in rusk crumbs, and fry in hot lard.

### Spinach, Chicory, and Sorrel.

The leaves of these vegetables are treated in the same way. If not young and tender the stems must be removed before boiling.

Wash, cook in boiling water, drain from the water, chop, and pass through the sieve or tamis.

Warm with either cream, butter, or good stock. If liked, one or two yolks of eggs may be stirred in.

These vegetables may be used as garnish for the centre of cutlets, &c. ; or as second-course dishes. In the latter case they must be sent up in a deep dish, so as to keep warm ; arranged as a pyramid, and dotted over, or framed in with fried croûtons. These may be the shape of wafers, triangles, almonds, or crescents.

As garnish to cutlets, turnip tops or green cabbage may be dressed like spinach when the latter is not plentiful, only the tender leaves being used.

### **Spinach dressed in German Fashion.**

Wash it clean, and boil for a quarter of an hour with some salt. Then squeeze quite dry, and cut very finely.

Mix 6 ozs. butter, 1 oz. breadcrumbs, and some very finely minced onion, and a quarter of a pint of cream or good milk. Boil all up together with the spinach, and serve.

### **Dressed Tomatoes.**

Select tomatoes of an equal size, ripe but not over-ripe, cut a slice off the stem part, so as to be able to take out the pulp without breaking the rind. Remove all the seeds, or pips, stew down the pulp and mix with it shallots, parsley, a little grated ham, and browned breadcrumbs with yolk of egg, and salt to taste. Let the mixture be quite smooth; when cold fill your tomato rinds, sprinkle buttered breadcrumbs on each, and finish in the oven. The dish which is put in the oven must be buttered, and the tomatoes must be basted with butter.

When tomatoes are small, or of irregular shapes, the above mixture may be baked, and sent up in china soufflé cases.

### **Tomato Soufflé.**

Prepare tomato pulp, taking care that it is not too liquid; stir in the yolks of three eggs (or more if for

a large number of guests), and then the whites well beaten. Fill either a large soufflé case, or a number of small ones ; and bake as other soufflés

### **Omelette with Tomatoes.**

Take three or four ripe tomatoes, and cut them in dice. Chop up a couple of onions, and fry them in oil (or butter) ; when they are turning yellow add the tomatoes, and let them cook so as to evaporate the water of the tomatoes ; then add a little chopped parsley.

Make an omelette in the usual way, pour the tomato mixture on the middle, double up the omelette, so that there appears to be nothing but omelette, and send up on a long oval dish.

### **Tomatoes à la Provençale.**

Slice off the top of each tomato, take out the pips, and then scoop out the interior. Have ready a stuffing composed of breadcrumbs, parsley, onions, tarragon, salt, pepper, and oil. Mix this with the pulp of the tomato, replace in the rind, and let them cook in the oven for forty minutes ; if the tomatoes are watery, let the water drain away before you mix in the stuffing.

### **Indian Corn and Tomatoes.**

Take equal quantities of green corn and tomatoes sliced and peeled. Stew together half an hour ; season with pepper, salt, and a *very* little sugar. Stew

fifteen minutes longer, and stir in a large lump of butter. Five minutes later, pour out and serve.

Indian corn must be simmered in water till it is quite soft ; no time can be assigned, as it varies with the state of the corn ; it must be drained quite dry before the tomato pulp is mixed with it.

### **Purée of Turnips.**

Cut up the turnips into small pieces, pour cold water on them, and let them steep and strain.

Put them in a stewpan to stew with a piece of butter, and add pepper and salt. When they are soft pass them through the tamis. With a little spoonful of hot water or hot broth, wash out the pan in which they were cooked, and add all to the purée. Serve as a dressed vegetable, very hot.

### **Glazed Turnips.**

Turn out the turnips all of the same rather pointed size and shape, wash them in cold salt and water, and strain. Place them in a deepish pan upright, and let them boil in broth with a little sugar. Take them off the fire when soft ; have some glaze ready ; get them out of the pan without breaking, and glaze them with the thick stock.

### **Turnips au Gratin.**

Cut in slices as thin as a crown piece ; steep in cold water and strain ; then lay them in a buttered

dish that will bear the oven, and finish as for cauliflower 'au gratin.'

### Turnips.

Mashed turnip is a favourite accompaniment of boiled mutton, of Prince of Wales' cutlets, &c. The turnips must be boiled till tender enough to be passed through a sieve. The pulp must then be placed in a cloth, which is rolled and wrung, one person at each end of the roll. The pulp is then to be mixed with cream or butter and flavoured with salt and pepper.

### Turnips à la Poulette.

Shape into pears, blanch in boiling water, drain. Prepare a white sauce with flour and water, butter, a pinch of sugar, and a little stock ; put in the turnips and let them cook till done. Place the turnips on the dish in which they are to be served. Stir the yolk of one or two eggs into the sauce, let it just keep hot for two minutes, pour round the turnip, and serve.

### Carrots à l'Allemande.

Trim the small Dutchhorn carrots so that they are all of the same shape ; that is, the real shape of the carrot, but not too sharp at one end or too thick at the other, and not longer than  $1\frac{1}{2}$  inches.

Parboil in water with a little salt ; drain. Then place in a *sauté* pan with one pint of stock, 2 ozs. of butter, 1 oz. of sugar, and let simmer for half an

hour ; then let it boil briskly till the sauce is reduced to a glaze. Roll each carrot in this, and form into a dome of carrots ; surround with a rich sauce, either brown sauce flavoured with lemon juice, or cream sauce, flecked with chopped parsley.

### **Stewed Carrots.**

Put in a stewpan a piece of butter the size of a walnut. When melted add an onion cut into shreds. Simmer for three minutes ; add four times as much beef dripping as the butter, and a little salt.

Previously cut your carrots into pieces, the length and size of the little finger.

Put them in the pan, shake and add a teacup of water, so that it does not touch the carrots.

Stew in a well-closed saucepan for two hours, or till the edges of the carrots look brown. Add two lumps of sugar reduced to powder a quarter of an hour before serving. Shake the stewpan well, but do not use a spoon.

### **Carrots à la Poulette.**

Parboil the carrots, cut them to the shape of a tall thimble or cork, glaze with caramel, and serve with a poulette sauce.

### **Carrots à la Béchamel.**

Parboil the carrots, cut them to the shape and size of a walnut, warm in a thin béchamel sauce,

send up with croûtons in a deep dish. When carrots are deficient in natural sweetness, a little sugar must be added.

### **Carrots Fried.**

Cut the carrots in rounds, blanch them, drain, and fry as potatoes. Let the fat, or butter, absorb on paper, and serve very hot.

### **Carrots and Green Peas.**

Young carrots are to be cut in fillets, or dice, and an equal quantity of young peas are to be added ; simmer the carrots in a small quantity of butter and water till half done, add the peas, and when they are done, stir in butter and flour. Serve hot.

### **Curried Vegetables.**

Take carrots, turnips, onions, celery, and a small proportion of apple, slice them up, fry in butter or dripping, sprinkle with curry powder and let them absorb it. Stir some curry paste in with either milk or broth, simmer the vegetables in this till they are tender, prepare rice as for other curry, and send up the vegetables and rice in a divided dish. The vegetables must absorb all the sauce in which they are simmered.

Butter and milk are to be used when a 'maigre' dish is desired ; dripping and broth on other occasions.



## CHAPTER XXVI.

*SALADS.*

JOHN EVELYN, the illustrious author of the 'Sylva,' held 'sallets,' as he calls them, to be an essential part of the daily food of man, and that no dinner is complete without one. They add a zest to more solid viands ; they are anti-scorbutic, and purify the blood, and, if properly dressed, they assist digestion. We are so entirely of John Evelyn's opinion, that we are tempted to devote a chapter to this subject.

The term salad is commonly applied in England to a dish or bowl of lettuce leaves mingled with mustard and cress, which used to be habitually served with a mixture of yolk of egg, cream, vinegar, mustard, salt, and pepper prepared beforehand, and poured out of a ribbed glass bottle. This singular compound, which is peculiar to this country, may well explain the fact that salads are not so popular in England as in most other countries, and are commonly held to be indigestible, if not unpalatable, food. But a salad dressed after this fashion must be regarded as a salad of the dark ages, to be partaken of with hesitation and distrust. The primary condition of a good salad is, that it consists of cold fresh vegetables, either uncooked

or cooked, dressed with an abundance of *good olive oil* and a slight flavour of the best white wine vinegar, to which may be added a little salt and mustard. The proportion should be four or five tablespoonsful of oil to one of vinegar. In our humble opinion whatever is added to this simple preparation is rather injurious than otherwise. It is essential that the salad be thus made only a few minutes before it is eaten. If it be allowed to stand, even for half an hour, the leaves of the lettuce lose their crispness and become sodden. The oil being poured from a spoon over the leaves cut into pieces of a moderate size, not too small, the whole salad should be carefully turned over and over again with the salad fork and spoon (the French call it *fatiguer la salade*) until every part of it receives an equal share of the liquid. Without good olive oil no salad worthy of the name can be made ; and it is the presence of the oil which softens, corrects, and makes wholesome the crudity of the plants. The vinegar should be added and stirred in after the oil is well distributed over the leaves.

The lettuce is undoubtedly the queen of salad vegetables, and its merit is rather impaired than aided by the addition of mustard and cress, although these have their advantage when no other green food can be obtained. A slice or two of beetroot, a head of celery cut up, and, to some tastes, a suspicion of onion or shallot, are improvements. Tarragon vinegar may be used with advantage by those who like the flavour of that herb.

Lettuces can now be grown or purchased during a great part of the year, though they are not always

cheap. But, in default of lettuce, the endive of two sorts, the smooth Batavian endive and the curled endive, affords an excellent resource. In winter corn salad (French *mâche*), which may easily be grown and stands all weathers, is a valuable leaf and very wholesome.

But salads are not confined to fresh green vegetables. All vegetables, dressed cold with oil and vinegar, belong to the same class. The cucumber, eaten raw with vinegar, oil, and pepper, is the most common form of salad in England, where, oddly enough, it is habitually served either with the fish or with the cheese. An excellent salad is made of cold slices of beetroot and Portugal onion (boiled) placed alternately on the dish, or of cold boiled asparagus, seekale, or cauliflower, or even of cold boiled potatoes sliced. The most elaborate form of salad is the *Salade Russe*, consisting of cold beans, carrots, olives, anchovies, and other condiments, which form a substantial, not an auxiliary, dish to be introduced towards the close of a dinner.

It may here be remarked that the proper moment for serving and eating green salads is with roast meat, and more particularly with the game or poultry of the second course. There are people who, without being professed vegetarians, would rather eat a salad without meat than meat without a salad.

Every one has different ideas of what a salad should be, and most English people start by saying, 'I never eat oil.' Now, the soul of a salad is its oil. Let the oil be fresh, got from the best Italian grocers, and kept in a cellar on its side. It ought not to be

kept uncorked, and for many purposes it is best to make a hole through the cork and to drop the oil drop by drop. Some of the salads described here may, however, be made without oil, or by substituting the salad sauce of English country houses—a compound of cream, mustard, and vinegar.

We begin by describing *Madame's Salad*, or that which a French lady, if she has two or three guests at table, prepares with her own hands. The lettuce has been cut and washed not more than an hour before dinner—and here let us mention that a salad cut early, and left in the scullery till 7 P.M., will never be a good thing, though it might have been had it not left the garden till the gardeners were 'coming off work' at 6 P.M. Five minutes in very cold water is a good thing for lettuces; they must then be placed in a wire basket, which is shaken so as to get rid of every drop of water which may adhere to the leaves.

### Madame's Salad.

Put the yolk of a fresh egg in the salad bowl, and beat in it a teaspoonful of salt, a teaspoonful of pepper, and a teaspoonful of mustard. Add two teaspoonsful of vinegar and three tablespoonsful of oil. Beat and work all together. Tumble in the lettuce, and roll it round and round till it has worked up all the sauce.

### Russian Salad.

Cut into small shapes the following vegetables :

Potatoes

Cauliflower

Carrots

Spanish onions

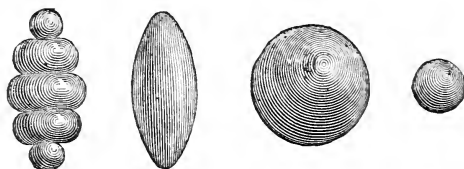
Turnips

Capers

Artichokes

Olives

Parboil ; drain dry ; warm in butter ; drain again ; and let them cool.



SHAPES OF CUT VEGETABLES.

Prepare the day before some dry plain biscuits by soaking and colouring with spinach. Pass through a tamis. Beat four yolks of eggs up with oil and mustard, and stir in the biscuit preparation, and half a pint of cream ; add some small bits of chicken, tongue, or fish.

Surround with aspic jelly and serve in a glass dish.

### July Salad.

Some slices of cold potato and of green chilies, half as many slices of beetroot, and twice as many slices of cucumber ; two teaspoonsful of vinegar, or, better still, a small ladleful of mint sauce, three table-spoonsful of oil, and fresh lettuces enough to take up so much oil.

**Potato and Truffle Salad : called à la Demidoff.**

Rub the bowl with oil. Lay a row of slices of cold potato (the best potatoes are those that were done in the oven), and then a row of slices of truffle, cut very thin. The best truffles are those that have been cooked in white wine and allowed to get cold. Alternate layers of these should finish by one of truffles. Put all round tiny white onions and stoned olives, and work the whole up with oil and vinegar, or oil and white wine. This salad, unlike a lettuce salad, is the better for being left for two hours in the pantry.

**Winter Salad.**

Do not boil the potatoes for this dish, but bake or roast them. Cut them into pieces, not slices, and water them well, while still warm, with red wine. Let them get quite cold. Then add some celery and beetroot, or some tomatoes cut into slices, and give very little vinegar, but plenty of salt and of oil. Work all together.

**Jardinière Salad.**

Cut into fine slips, as if for a Julienne soup, carrots, beetroot, turnips, potatoes ; add haricots, green peas, and lentils. Boil them with a little butter in the water, and let them become cold. Put some oil or some Mayonnaise sauce in the salad dish, add a pinch of cayenne pepper, salt, and a spoonful of mustard,

and work all together with a dessert-spoonful of vinegar.

### **Cucumbers.**

When sliced up they ought to be sprinkled with a little salt, and left to drip out their moisture for two hours. Lay the slices on a fine clean towel, and dry them before seasoning.

### **Cucumber Salad.**

Choose a young tender cucumber ; peel it and take out the seeds ; cut it in slices and lay them in a dish, scattering a little fine salt over them. At the end of a quarter of an hour drain out the water, and serve them with a dressing of oil and vinegar, pepper, salt, and a pinch of parsley chopped fine.

### **Beetroot.**

Wash, but do not scrape or touch with a knife, or the colour will be lost.

Boil for two hours ; or, which is better, bake till tender, five or six hours. Let the beetroot get cold, cut in slices a quarter of an inch thick, range in a circle on a dish. Boil and cut up a Portugal onion, chop up and put in the centre ; make a salad dressing with oil and vinegar (proportion three measures of oil to one of vinegar), pepper and salt ; and serve as salad.

N.B. It is a mistake to mix beetroot with lobster salad ; the sweet flavour of beet does not harmonise with lobster or prawn.

**Potato Salad.**

Take cold potatoes, cut them in slices, and, if cucumbers are in season, slices of cucumber previously drained of their water. Arrange in a circle, in alternate slices ; make a salad dressing with oil, vinegar, fine herbs, pepper and salt, and pour it over the potatoes.

Slices of beetroot, or of Portugal onions, may be used instead of cucumber.

**Celery and Truffles.**

Take the hearts of some well-grown celery ; cut them into neat lengths of about three-quarters of an inch ; dress them with pepper, salt, oil, and vinegar. Cut up some Périgord truffles into pieces smaller than the celery and mix with them.

**Seakale Salad.**

A salad is prepared at All Souls' College, Oxford, of seakale, previously boiled and served cold with the usual dressing. The duty of preparing the salad of the day devolves on the two junior fellows of that ancient and renowned college.



## CHAPTER XXVII.

*SWEET DISHES AND SAUCES.***The Choice of Eggs, Butter, Milk, and Cream.**

A BAD EGG, even a doubtful egg, is to be thrown away without any consideration that it has cost one penny or threepence. If eggs are dear, such dishes as require many or any eggs must be discarded, and other dishes substituted. It is a rule in using eggs to break each into a cup separately, so that a bad egg may not be thrown into the pudding, and thereby ruin the whole composition.

Bad butter, that is rancid or tainted, should never be admitted into any house. To call it cooking butter is a misuse of words. Salt butter is a different article, and is not unwholesome, though it cannot be used for dainty dishes, and it must be well washed under a running tap of cold water before it is used at all. Hard butter keeps longer than soft.

It must be borne in mind that milk does not retain its condition of blended milk and cream for more than twelve hours ; at the end of that time the cream has risen to the surface, and cannot be satisfactorily *remixed* with the milk.

The cream must be dealt with by itself, the skimmed milk by itself.

If new milk (that is, fresh from the cow) can be had, so much the better. If cream is wanted, the milk must stand twelve hours ; the cream should then be skimmed off, and the milk used for various purposes. A small piece of fresh beef suet added to skimmed milk replaces the fatty matter of the cream.

### Custards and Creams.

In heating milk for custards always use a *bain-marie*—that is, the saucepan with milk is to stand in another saucepan which contains water. The milk must not be allowed to boil.

The rule is five eggs to a quart of milk, and a tablespoonful of sugar to each egg ; creams and custards which are to be iced require more sugar than those not frozen.

In mixing eggs and hot milk, stir a small quantity of the milk into the eggs slowly, so that the eggs may not curdle in the milk.

A very moderate degree of heat must be employed for all sauces thickened with yolk of egg. If boiled slowly with water cold at first, the yolk sets before the white, and both yolk and white become indigestible when cooked too long ; an omelette becomes tough if left in the pan.

In baked puddings the custard separates into curds and whey if the heat of the oven is too great.

For this reason rice, tapioca, &c., must be cooked

as long as each may require before the eggs are added to them in making puddings which are to be baked.

### **Puddings.**

The basins or moulds in which puddings are to be boiled are to receive a thin coating of butter. The butter must be washed carefully, so as to get rid of any salt in it.

When a cloth is used instead of a basin, it must be dipped in hot water, squeezed dry, and then spread out over a pan and coated with flour.

A batter pudding is tied lightly in the cloth.

A bread or a plum pudding requires room to swell.

Pudding cloths must be washed in boiling water and perfectly dried before they are put away. They must be of different sizes, according as they are to be used for tying over basins and moulds, or for receiving the pudding itself.

### **Custard Puddings.**

There are two kinds of custard pudding, the one made with whites of eggs, the other with yolks. It is desirable to select that kind which utilises the eggs left by other dishes. The proportion and mode of cooking are the same for both.

6 eggs (whites or yolks) ; beat, if whites, to a froth ;

2 gills of cream ;

A little sugar ;

A very little salt ;

2 tablespoonsful of liqueur, or a flavour of bitter almonds or lemon.

Steam slowly in a mould in the bain-marie for about twenty minutes. If the water is allowed to boil, the pudding will be tough instead of elastic and light. Serve with a fruit sauce.

### Custard.

1 quart of milk ;  
 $\frac{1}{4}$  lb. of sugar ;  
10 eggs.

Warm the milk in a milk saucepan. When on the point of boiling, take off and strain into a basin ; let it cool ; stir in the sugar and the eggs well beaten ; strain into a jug ; stand in a saucepan of boiling water, and stir one way till it is thick. The custard would be spoiled by letting the mixture boil after the eggs are in. Serve cold in custard cups or a glass dish.

### Creams to be served in China Cream-pots.

This is a more elegant mode of serving creams than in moulds, the flavour being always lowered by the unavoidable addition of gelatine or isinglass to make the cream stiff enough to 'turn out.'

### Chocolate Cream.

Take  $\frac{1}{2}$  lb. of the best French chocolate and scrape fine ; add just enough milk to enable the chocolate to dissolve and to cook for ten minutes. Take it

away from the fire ; let it cool, and then put to it a pint of cream and sugar to taste.

Beat up the yolks of eight, the white of one, egg ; mix with the chocolate cream ; strain and pour into the pots ; stand them in a bain-marie (with very little water, or it would drown such little pots) ; let the mixture set. Take the pots out and put in a cool place till time to serve. This quantity will fill twelve or fifteen pots.

### Strawberry Cream.

Remove the stems of a quart of ripe fresh strawberries ; bruise them slightly ; cover with  $\frac{1}{2}$  lb. of powdered sugar. Let them stand for three hours, then rub through a fine sieve. Stir together a pint of milk and a pint of cream ; or use all cream. Sweeten slightly, and warm. Stir in the strawberry pulp, whisk the mixture, fill small china or glass cups, and serve them on a napkin if the cups do not fit into a dish.

Raspberries, or other fruit, may be treated in the same way. When the fruit is not quite ripe, it should be stewed before mixing with the cream.

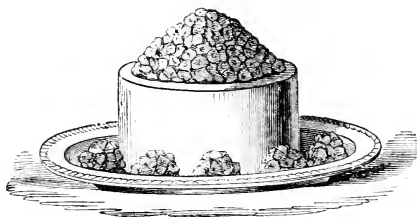
### Velvet Cream.

Take a large teacupful of white wine, the juice of a fine lemon,  $\frac{1}{2}$  oz. of isinglass, and sugar to taste. Let them simmer together till the isinglass is dissolved. Strain the mixture, add one pint of cream, and stir the whole till quite cold. Pour into a mould and let it stand till set.

### Blanc Mange.

2 pints of fresh milk ;  
1 pint of cream ;  
2 ozs. Nelson's gelatine (dissolved in water) ;  
The peel of a lemon ;  
Sugar to taste.

Boil for twenty minutes ; put in a basin and let it cool, then pour in a glass of sherry or a liqueur



MOULD GARNISHED WITH PRESERVES.

glass of any liqueur, or a few drops of essence of vanille, or of bitter almonds, to give flavour.

Decorate a mould with clear jelly coloured or a little of the blanc mange coloured, and then fill up ; let it cool completely, or take a plain mould having a well in the centre to be filled and garnished with fruit. It must be stiff enough from the gelatine to turn out without breaking ; but it must melt in the mouth, not be eaten by the bite of teeth.

### Soufflés.

It is desirable to begin the directions for making soufflés by stating that flour, and even potato flour,

*i.e.* starch, are not to be used when a *refined* soufflé is wanted. The ingredients are to be little, two eggs, butter, and the flavouring matter.

A good many eggs, and those of the freshest, must be used.

For ordinary soufflés, potato flour may be used, but not flour which, from its containing gluten, is less elastic. Potato flour is really potato starch.

### Sweet Soufflés.

It is necessary to have plenty of fresh eggs, a proper dish, and a manageable oven, in order to send up a soufflé; and it must be accepted as the rule, that the guests may wait for the soufflé, but that the soufflé cannot wait for the guests.

Put in a milk saucepan:  $1\frac{1}{2}$  pints of milk, two tablespoonsful of potato flour (that is, potato flour as sold by grocers), a tablespoonful of pounded sugar, a pinch of salt, essence of vanille, or other flavour according to taste. Stir, and keep on the fire till it is a perfectly smooth paste.

Break six eggs, put the yolks in a basin, the whites on a dish; beat the whites to a snow, stir the yolks in after a few minutes, and then the whites. Pour the whole into the soufflé case, bake in a quick oven for about twenty minutes, or till it has risen; and be sure there is not one minute of delay in the soufflés being taken from the oven to the *dinner table*, not to the service table.

### Omelette Soufflée.

6 yolks of eggs ;

6 ozs. of powdered sugar ;

A little salt ;

A tablespoonful of potato flour ;

A little flavouring, *i.e.* orange-flower water, or essence of vanille.

Work with a wooden spoon into a creamy batter, and then mix in the whisked whites of nine eggs.

Pile on an earthenware or china dish, and bake in the oven for fifteen minutes. Dust sugar on the top, and serve at once.

### Omelette Soufflée.

Six eggs, six tablespoonsful of powdered sugar, the juice of a lemon, and half the peel, grated.

Beat yolks and whites separately, and very well. Add to the yolks by degrees the powdered sugar, and beat until it ceases to froth, and is thick and smooth. The whites should be stiff enough to cut with a knife. Stir together lightly with the seasoning ; pour into a well-buttered dish, and bake in a quick oven five or six minutes. The dish should be warmed when it is buttered, not to chill the eggs. Let it be handed quickly before it can fall.

### Chocolate Soufflé.

$\frac{1}{2}$  pint of milk ;

3 tablets of chocolate ;

4 fresh eggs.



Scrape the chocolate and cook it in the milk in a milk saucepan for three minutes ; take it off the fire and let it *cool*. Beat yolks and whites of eggs separately ; work in the yolks first, and then the whites, which must have been beaten to a snow.

Give the mould, or soufflé case, a thin coating of butter ; pour in the chocolate mixture, and bake for about twenty minutes in a moderate oven. The soufflé ought to rise above the edge of the case.

Macaroons, or ratafias, may be substituted for chocolate. Coffee may be used ; or a flavouring of vanille, or orange-flower water. If only flavourings, then a little potato flour will be required.

### Ginger Soufflé.

$\frac{1}{4}$  lb. potato flour ;  
 $\frac{1}{4}$  lb. butter ;  
3 ozs. powdered sugar ;  
 $\frac{1}{4}$  lb. preserved ginger ;  
The peel of one lemon.

Let the mixture first warm over the stove, stirring till quite smooth, and adding one pint of milk.

Separate the yolks and whites of six eggs, mix in the yolks one by one ; the whites beat all together to a stiff froth, fill the soufflé case. Bake for about twenty minutes, and serve before it falls.

### Steamed Soufflé.

1 oz. butter, 1 oz. fine potato flour, 3 yolks, 4 whites of egg, 1 gill of milk, 1 dessert-spoonful of castor sugar.

Melt the butter in a stewpan, taking care it does not burn or discolour ; add the flour, and mix well over the fire ; add the milk and sugar.

Take it off the fire and stir in the three yolks separately, and then the four whites beaten to a very stiff froth.

Have ready a buttered tin mould with a piece of buttered paper tied round it. Pour in the mixture, cover with a buttered paper, and steam for three-quarters of an hour.

Turn out of the mould, and serve with a sauce made with marmalade and sherry.

### Soufflé à la Paysanne.

Make a purée of apples, and another of chestnuts, stir a little cream into the chestnut purée, place the apples at the bottom of a shallow dish, then the chestnuts, cover with meringue and bake in the oven till the meringue is a fawn colour.

### Lemon Sponge.

8 yolks of eggs, well beaten ;  
6 lemons' juice ;  
4 lemons' rinds ;  
 $\frac{1}{2}$  lb. powdered sugar ;  
 $\frac{1}{2}$  oz. isinglass dissolved in a teacup of water.

Mix well and warm in a stewpan till it thickens ; pour into custard glasses, and let it cool.

The whites must be beaten separately, and treated as the yolks, omitting the isinglass. There will be one

set of custard-glasses with yellow sponge, and another set with white sponge.

### Friar's Omelette.

Make a marmalade, or purée, with apples or rhubarb ; stir in powdered biscuit, or rusk, or bread-crumbs which have been sprinkled with butter and dried. Fill a shallow dish, bake in the oven, turn out and serve on a napkin, with biscuit crumbs sprinkled over.

Two eggs stirred in are an improvement.

If fruit is scarce, an excellent dish can be made by using an equal quantity of fruit and tapioca made with water. The tapioca must be stewed in water till it is a jelly, and then mixed with the fruit.

### Raspberry and Rusk Tart.

(American Recipe.)

Line a china dish with sponge rusks, fill till three-parts full with raspberries, and powdered sugar to taste. Fill up the dish with cornflower custard ; bake for a short time, and sprinkle the top with powdered sponge rusks before sending up. This may be eaten hot or cold.

Cranberries may be substituted for raspberries. They must be stewed till tender, and passed through a coarse sieve, to remove the skin, before being placed on the sponge rusks.

### Apple or Stone Fruit Meringue.

Make a marmalade with juicy apples, or with apricots, or with peaches, or plums, and half fill either a deep tart dish, or a metal soufflé case.

Prepare a custard made with yolks of egg, and a meringue with the whites. Meringue is white of egg and sugar beaten till it is so stiff a froth that it can be cut with a knife.

Cover the fruit marmalade with a layer of custard, and the custard with a layer of meringue. Put in the oven and let the meringue set : it must assume a pale fawn colour. In serving, strike the spoon to the bottom, so that there is a proper help of fruit and custard.

### Röd Grö (*a Danish dish*).

Put one quart of any red fruit juice (*safft*) into a stewpan with 2 quarts of water.

Add 12 oz. of sago, and some sugar ; the quantity must depend upon the acidity of the fruit.

Stir this slowly with a wooden spoon over the fire until the sago becomes transparent.

Do not allow it to become at all thick or clogged. Rinse out a mould in cold water, and pour in the above, and let it stand to get cold. Serve cold, with either vanille sauce or cream.

### Kiselle.

Mix 3 tablespoonsful of potato or rice flour with a pint or more of fruit syrup, raspberry, currant, or

cherry or raspberry vinegar. Boil, and stir it over a slow fire till it thickens like a jelly; pour into a mould, and let it stand till cold.

### **Croûtes aux Abricots, aux Ananas, &c.**

*(Bread and Apricots, Pineapple, &c.)*

With a round cutter punch out pieces of bread the size of a pattypan, and two inches deep; and with a smaller cutter scoop out the centre of the bread so as to make a place for the fruit.

Soak the bread in milk and water, but do not let it absorb enough to break it up. Give each crust a coating of egg, and fry a gold colour. Prepare a compote of pineapple, or apricots, or greengages, and put on each crust a piece of pineapple, an apricot, or greengage. Arrange neatly on the dish, and pour the syrup, which must be thick, round the crusts.

### **Croûtes aux Fraises à la Belle-rive.**

Prepare some small round buns which can be split into two parts, buttered, and warmed in the oven.

Take strawberries, either hautbois or 'quatre saisons,' strew powdered sugar on them, bruise slightly, and let them stand for some time, mix the fruit and sugar, cover the hot buns with this, let them get cold before serving in a glass dish.

### **Beignets or Fruit Fritters.**

The fruit may be apples, cut in quarters or eighths, peaches, apricots, oranges, or fragments of pineapple.

Prepare frying batter by mixing  $\frac{1}{4}$  lb. of flour, 2 ozs. melted butter, a tablespoonful of brandy, and enough water to make a creamy paste, and a pinch of salt. Let this stand while you beat the white of two eggs to a solid mass. Work this into the mixture, coat each piece of fruit with this batter, fry a golden colour, drain on a sieve, dress on a napkin, and sprinkle with powdered sugar.

The pieces of fruit must not be too thick ; and if the fruit is not quite ripe, or if it is hard, it should be parboiled in thin syrup before being coated with the batter.

### **Apricots à la Condé.**

Wash the apricots ; split and take out the stone ; break that and extract the kernel. Let the half apricots blanch in water for an hour ; drain and stew in syrup.

Prepare rice and milk as if for a mould ; cut into pieces of the shape of a tartlet tin, and about  $\frac{1}{2}$  inch thick.

If the dish is to be cold, place half an apricot with its kernel on each rice cushion, and dress neatly on a dish with the syrup round.

If hot, fry the rice a golden colour, and let the apricots be placed hot on each rice cushion. If there are not enough kernels, use blanched almonds, cut the same shape as the kernels. Reduce the syrup by boiling if it is watery.

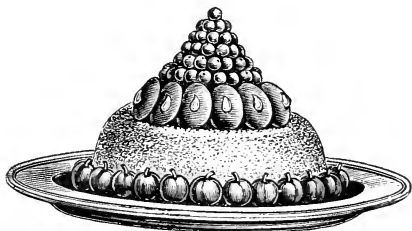
### **Compote of Pears.**

Take pears of the same size, and of the kinds fit

for stewing, peel them very smoothly, so that the surface may be even ; if large, cut in halves, or even in quarters ; if small, let them remain whole.

Place them in a stewpan, with a little lemon peel, syrup enough to cover them, and a squeeze of lemon juice, which will give the colour desired. Do not put cochineal or colouring matter in. Simmer the pears slowly till they are tender, take them out with care, and range them in a glass dish. Let the syrup simmer till it is nearly, not quite, as thick as jelly ; pour into a basin till nearly cool, and then pour over the pears. Send up cream, either whipped cream or plain cream, or Devonshire cream on a separate dish ; but take care that it is handed round with, not after, the pears. The practice of placing cream on the pears is not to be commended, as some palates object to cream, and the pears which will keep in syrup will not keep with cream adhering to them.

If the pears are to be white, omit the lemon peel and lemon juice. Never allow the syrup to be watery when it is sent up round Compote of Pears.



PEACHES WITH RICE.

Peaches, apples, and pears prepared as directed in this recipe may be dished up with a border of cold

rice cream. When the apples or pears are white, they may be ornamented with angelica. The angelica is made flexible in tepid water, and can then be cut in slices, by which rings are produced, or split up, cut into narrow strips or leaves, and a pattern made on the rice. A tuft of angelica leaves can be placed in the centre of each apple or pear. Dried cherries—that is, *glacé* cherries—may also be used. Taste and ingenuity will produce very pretty combinations with angelica and cherries.

### Apple Charlotte.

This can be made with fresh fruit or with the excellent dried apples now sent over from the United States.

Fresh apples must be peeled, cored, and quartered, and converted into pulp. It is impossible to give rules for the quantity of water and of sugar required. The best apples are those which contain their own sugar and which only require a spoonful or two of water to assist in being converted into marmalade. Apples, sugar, and a little butter are to be simmered together. If the apples are too dry, cider or the juice of a lemon must be used, and rather more sugar.

A plain mould is to be slightly buttered, and then lined with strips of bread which have been fried in butter. The base of the mould must have a suitable piece of bread its own shape. Make these strips of bread adhere firmly to the sides of the mould, and then fill with the apple marmalade. Bake in the



oven for three-quarters of an hour, placing a cover, or a plate, and a weight on the mould to retain the marmalade in its place. Apple Charlottes require care in turning out, as they are liable to tumble abroad. Cream and sifted sugar are to be handed round with an Apple Charlotte.

### **Apple Marmalade.**

If American dried apples are to be used, they must be steeped in water the day before, and allowed to swell to their state before desiccation ; they will require a good deal of sugar, butter, and lemon, and the best mode of serving them is to add a little gelatine dissolved in water to the marmalade after it has been simmered, and to pour it into a plain mould. Cream is to be handed round, or Swiss milk when nothing else can be procured.

### **Miroton of Apples.**

The marmalade may be less solid for this dish, but it must be made as directed in the previous recipe.

Have a shallow white china dish which stands the oven ; fill with the marmalade ; decorate with rows of glacé cherries, and place in the oven for a quarter of an hour. Serve in the same dish, placed on another dish.

### **Buttered Apples.**

Take large sound apples ; pare and extract the core with the implement made for that purpose.

Place them in a deep dish ; fill the hollow of each apple with butter and sugar ; put a little butter in the dish, and put the dish in a stewpan with a cover in the oven, which must be very cool. Baste the apples with butter, and do not let a skin form round them. Each apple must preserve its form, yet be soft all through, and the outside must be lubricated, as it were, by the basting with butter.

### **The Children's Pudding.**

Line a mould with slices of bread and butter evenly cut and pressed together. Pour into it hot from the saucepan stewed fruit—apples, gooseberries, &c.—sweetened and flavoured. Cover with a slice of bread and butter ; press down with a plate and weight on the top ; leave to cool for twenty-four hours ; turn out, and serve with a custard.

### **Apple Pudding.**

Eight ounces of flour, two of beef suet chopped very fine, a pinch of salt, and water to make a paste. It must be rolled and mixed till a perfectly smooth paste is made.

Pare and quarter cooking apples (the ' Lord Sefton ' is an admirable apple) ; sweeten to taste ; flavour with either lemon-peel or cloves, ascertaining which is preferred. If there is any doubt, omit the cloves, as those who dislike them will not touch a dish in which a clove is put.

Line the basin with paste ; fill with the apples ;

cover with paste ; close the edges ; tie over a floured cloth, and boil for four hours. Turn out of the basin, and serve hot. Cream and sugar are to be handed round.

If the water gets in during boiling, your pudding is spoiled.

### Apple Pudding No. 2.

This is best made with brown breadcrumbs.

Put some butter into a stewpan, and let it become of a bright brown colour, and then fry the crumbs of a bright brown colour.

Remove the greater part of the crumbs, leaving a layer of them in the stewpan, about as thick as a finger, and strew some sugar over it.

Having prepared some apple sauce by boiling apples with sugar and cinnamon, and then mashing them up, put a layer of this on the crumbs. Then again a layer of fried crumbs, and sugar strewn on the top, and another layer of apple sauce.

Continue these alternate layers till all is finished, leaving a layer of crumbs on the top. On this put a few very small bits of butter, and strew sugar.

The best plan of finishing it off is to put a lid on the stewpan, with some charcoal on the top ; and, by keeping it on the fire, bake it of a bright brown colour. But it can be put into the oven and baked there.

Turn it out, and serve hot.

### Baked Apple Pudding.

Ingredients :—1 lb. of flour, 1 heaped-up teaspoonful of Yeatman's yeast powder,  $\frac{1}{2}$  lb. of good dripping, lard, or butter, 1 lb. of moist sugar,  $1\frac{1}{2}$  lbs. of apples, some lemon-peel, and  $\frac{1}{4}$  lb. of currants. Mix the yeast powder well into the dry flour, rub the dripping in the flour until it is thoroughly well mixed, two-thirds of a breakfast-cup of water to make into a dough ; knead it and roll out. Have ready a basin well buttered, and as much sugar laid on as the butter will hold ; line this basin with the paste, put in a handful of apples chopped fine, a few currants, some lemon-peel, a little cinnamon, nutmeg, some sugar, a teaspoonful of water, and a layer of dough rolled out thin ; then some more apples, and other ingredients. Continue the same alternately until the basin is full : then fold the dough over the top so as to completely cover it. Bake in a slow oven for one hour and a half. Turn it out on a flat dish, when it should look brown and glazed. This is a very economical pudding, and very nice for winter use.

### Rice Croquettes.

Half a cup of rice ;  
1 pint of milk ;  
2 tablespoonsful of sugar ;  
3 eggs ;  
A little grated lemon-peel ;

1 tablespoonful of melted butter ;  
1 saltspoonful of salt.

Soak the rice for three hours in warm water enough to cover it. Drain almost dry and pour in the milk. Simmer in a milk saucepan until the rice is very tender. Add the sugar, butter, and salt, and simmer ten minutes. Whisk the eggs to a froth, and add cautiously, taking the saucepan from the fire while you whip them into the mixture. Return to the range or stove, and stir while they thicken, not allowing them to boil. Remove the saucepan, and add the grated lemon-peel ; then turn out upon a well-buttered dish to cool. When cold and stiff, flour your hands, and roll into oval or pear-shaped balls ; dip in beaten egg, then in fine rusk-crumbs, and fry in lard, dress in a mound and serve with a garnish of angelica.

### Rice Cakes.

Wash  $\frac{1}{4}$  lb. of Carolina rice, taking care to pick out any grains which have not been skinned. Let it swell in milk on a slow fire, adding the zest (or outside thin rind) of a lemon, 2 ozs. of fresh butter, and a little white sugar. As the rice swells add boiling milk till the mass is thick and smooth. The rice must be swollen, but not broken. Take off the fire, and stir in the yolks of four eggs. Then beat the whites of two eggs, and stir them in. Have ready a plain mould ; butter the inside and coat with fine breadcrumbs ; pour in your rice mixture, and bake for an hour. Serve on a napkin, with sauce in saucetureen—either German sauce or fruit syrup sauce.

The rice mixture may be made into croquettes of any shape dipped in breadcrumbs and egg, and fried.

A variety can be obtained by flavouring the rice with vanille; by inserting a glacé cherry or a little bit of orange marmalade in each croquette.

And rice cakes and fritters may be made by the preceding process, omitting the eggs.

### **Gâteau of Rice à la Bourgeoise.**

Swell in milk  $\frac{1}{4}$  lb. of rice, with a little lemon-peel to flavour, or some orange-flower water. When cold, mix in six macaroons or a dozen ratafias broken up, the yolks of two and the whole of two more eggs. The other two whites to be whipped to a froth and stirred in the last thing.

Take a plain mould, and coat the inside with butter and a good layer of breadcrumbs; then pour in the rice mixture. Bake for thirty minutes; dish up on a napkin, and serve a sauce made from either fresh fruit or from fruit jelly or syrup.

### **Rice Pudding with Apples.**

(German Recipe.)

Take 8 ozs. of Carolina rice; steep it in boiling water for a quarter of an hour; pour off the water, then boil in 3 pints of milk, and set it to cool. Meanwhile peel six good cooking apples; cut them into little pieces, and steam them over a slow fire in half a glass of water, 2 ozs. of butter, with sugar and a little cinnamon if liked, taking care that they do

not fall to pieces. While the apples are cooling mix together 6 ozs. of butter, 6 yolks of eggs, 6 ozs. of sugar, and a pinch of salt, and put into this the rice now cool. Beat this up together ; add the rind of half a lemon, and lastly add the whites of the six eggs beaten. Pour part of this into a silver soufflé case or a pudding dish previously buttered, then a layer of the apples now cold, then another layer of the rice, &c., and so on till the dish is full. Cover with the rest of the rice, and bake for an hour in a moderately hot oven.

### Genoese Pastry.

Take equal weights, say  $\frac{1}{2}$  a lb., of flour, butter, and white sugar, a pinch of salt, four eggs, and a liqueur glass of brandy. The butter is stirred in after the other ingredients have been mixed in a basin ; it must be allowed to melt near the fire before using. When a thoroughly smooth paste has been made, it can be baked in a tin and used when cold for pastry sandwiches—that is, cut into the shapes best liked, and jam put between two layers of pastry.

Or, if intended to be eaten hot, it should be baked in dariole moulds, and a fruit syrup sauce handed round.

If a large shape is preferred, when cold the centre can be scooped out, and the opening filled up with a macédoine of fruits. In this case, the shape is generally cut in slices, and then fastened together again with apricot marmalade. The outside is coated with marmalade, and decorated with small leaves or wafers

cut from the part taken out. Whipped cream may be used to fill up the shape instead of fruits, but the treatment with apricot marmalade must be the same.

### Dampfnudeln.

- 1 lb. of flour ;
- 2 small tablespoonsful of yeast ;
- $\frac{1}{4}$  lb. of butter ;
- 5 eggs ;
- 2 tablespoonsful of pounded sugar ;
- A pinch of salt ;
- Milk.

Put the flour in a basin ; make a hole in the centre, into which put the yeast, and a  $\frac{1}{4}$  pint of warm milk. Make this into a paste, and let the 'sponge' rise in a warm temperature. When sufficiently risen stir in the eggs one at a time, the butter, sugar, and salt, with more warm milk. Knead the whole well together with the hands, beating the dough until it is perfectly smooth, and it drops from the fingers. Then cover the basin with a cloth, and put it in a warm place ; and when the dough is nicely risen knead it into small balls ; butter the bottom of a deep *sauté*-pan. Strew over pounded sugar, and lay the dampfnudeln in the pan ; do not let them touch each other. Pour over sufficient milk to cover them, put the *sauté*-pan by the fire, and let them swell to twice their size.

Place the balls in the oven for a short time to acquire a nice brown colour ; send up on a napkin. Serve wine sauce, or syrup sauce, or chocolate sauce in a sauce tureen.



*Time.*

30 to 45 minutes for the sponge to rise ;  
10 to 15 minutes for the balls to rise ;  
10 minutes to bake in a quick oven.

The above quantity will make ten or twelve balls.

**A Mehlspeise.**

(German Recipe.)

Stir  $\frac{1}{4}$  lb. of the finest flour into  $\frac{1}{2}$  a pint of cold milk (or more if necessary), till the substance becomes like a cream, and perfectly smooth.

Then add the yolks of four eggs ; 4 ozs. of butter well washed ; 4 ozs. of sugar ; and stir all well into a cream over the fire.

Take it off the fire, and when cold add six yolks of eggs. Stir again *well* (it must be quite smooth), then beat the whites of eight eggs into a snow, and add this likewise.

Butter a round flattish mould ; put in a layer of this mixture. Peel two lemons, cut them into slices ; take out all the pips. Put a layer of the lemon on the cream not too closely, and strew powdered sugar thickly over them. Then again a layer of cream, and again slices of lemon and sugar till the dish, which should be about three inches high, is full.

Bake in a quick oven for half an hour. Turn out and serve cold. Instead of lemon, apricots or preserved strawberries or any other fruit can be used.

### Leche Crema.

(This recipe comes from the nuns of the Santa Clara convent, at Palmos, in the Island of Grand Canary.)

Beat up three eggs, leaving out two of the whites, add them gradually to  $1\frac{1}{2}$  pints of good milk. Mix with this very carefully four tablespoonsful of fine wheaten flour ; 2 ozs. of finely powdered loaf sugar ; and some grated lemon-peel. Boil these ingredients over a slow fire, stirring constantly till the flour is dissolved. Prepare a shallow dish with some ratafias laid over the bottom. When the cream is ready, pour it through a sieve over the cakes.

Turn it out when cold, strew some finely powdered cinnamon pretty thickly over it, and serve.

### Beignets à la Bonne Femme.

Put in a milk saucepan 1 oz. of butter ; 2 ozs. of powdered sugar ; the zest of a lemon ; and a glass of water. As it boils dredge in enough potato flour to produce a thick paste. Stir it till it sticks to the side of the saucepan. Turn it out into a basin and let it cool, then stir in, one by one, six yolks of egg. Spread this paste on a dish so that it is about an inch thick. Have ready a frying-pan with boiling lard ; take paste about the size of a walnut, by dipping in the handle of a spoon, and drop it in the pan. Keep shaking the beignets till they have swelled and turned golden. Lay them on a wire frame to drain quite dry. Dish up on a napkin, and dust sugar over them.

### Pancakes.

Put in a basin two teaspoonsful of fine flour, and mix in a little salt.

Mix in the yolks of four, the whites of two eggs, well beaten ; and add a few drops of orange-flower water, if liked.

Have ready a small omelette pan with a coating of butter. Take care to keep the quantity of paste you put in the pan very small. Let it spread itself over the pan, and after a minute or two turn on the other side ; roll it up and put on a dish in front of the fire ; then make another, and so on till all the material is used up.

The pancakes must be placed on a napkin, three in a row, and three across them ; a sprinkling of sugar on the top.

Batter for pancakes should be made a couple of hours before using. Lard or clarified fat burns less easily than butter ; only a small piece should be put into the frying-pan at once, fresh being added for each pancake. About half a teacupful of batter is sufficient for one.

### Tipsy Cake.

Mix a tumbler of sherry, and a wine-glass of brandy.

Line a glass dish with sponge cakes, and saturate them with the above mixture. Then cover with a layer of macaroons and saturate them. Cover with apricot jam ; then a layer of custard ; then strawberry jam. Finally place whipped cream on the top. A soufflé dish

may be used instead of a glass dish. In helping, use a long-handled spoon and go to the bottom, so that some of each ingredient is given to each guest.

### Neapolitan Cake.

1 lb. flour ;  
10 ozs. sweet almonds and 4 ozs. bitter almonds ;  
The peel of two small lemons ;  
 $\frac{3}{4}$  lb. pounded sugar ;  
 $\frac{3}{4}$  lb. good butter ;  
The yolks of four eggs.

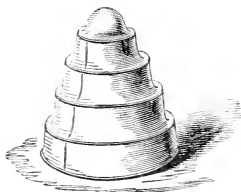
Blanch and pound the sweet and bitter almonds with a spoonful of orange-flower water into a smooth paste ; mix them with the flour and butter broken into pieces. Rub the sugar on to the peel of the lemons. Pound it very fine ; and add it to the flour and the almonds, mixing the whole together with the yolks of four well-beaten eggs. Roll the paste about a quarter of an inch thick. Cut it with a fluted cutter, and place each piece on a tin lightly dredged with flour. Bake in a slow oven for  $\frac{3}{4}$  of an hour. When firm and a nice bright colour take them out, and when cool spread on one side of each slice a layer of jam ; and pile them evenly on each other to form one entire cake. Ornament the top with pistachio nuts cut into small pieces.

### Polish Baba.

3 lbs. flour (Hungarian) ;  
2 ozs. yeast ;

1 oz. salt ;  
 $\frac{1}{4}$  lb. sugar ;  
7 ozs. sultanas ;  
A pinch of saffron boiled in water ;  
Twenty-two eggs ;  
2 lbs. butter ;  
A wine-glass of sherry ;  
A wine-glass of cream.

Divide the flour into four parts ; with one part make a hollow mound and work in the yeast which



POLISH BABA.

has been mixed with a small cup of tepid water. The usual care in mixing bread must be given in mixing the yeast and flour. With the other three parts of the flour make a hollow mound and work in the sugar and salt, the cream, the eggs, and the butter. When the leavened flour has risen properly, the two lumps are to be well mingled and worked together. Finally the sherry, the saffron, and the raisins are to be mixed in. A small part of the dough should be taken off to line the mould before the raisins are put in.

The mould must be tall and taper by stages. About one and a half hour's baking ought to be enough.

A sauce made with apricot syrup and rum is to be handed round.

### **Madeleines.**

4 ozs. butter ;

3 ozs. sugar ;

4 ozs. fine flour ;

The rind of a lemon cut so fine that it is perceived only as a flavour ;

A few drops of orange-flower water ;

The yolks of four eggs.

Mix thoroughly. Beat the four whites to half 'snow ;' work them in. Fill little dariole moulds which have been buttered ; and be sure to wash the salt out of the butter first. Bake for thirty to forty-five minutes. Send up on a napkin, and serve a syrup sauce of either fresh fruit or preserved fruit in a sauce tureen.

### **Croquettes of Chestnuts.**

Roast fifty sound chestnuts ; take them out of their shells, and select the white parts only. Divide these into two portions, of which the most broken bits are to be pounded in a mortar with one ounce of butter. Pass it through a sieve ; mix in a small cup of cream, 2 ozs. of butter, 1 oz. of powdered sugar, and a tiny pinch of salt. Put in a bain-marie saucepan, and mix in the yolks of four or six eggs. Let the mixture set ; then make it into balls. In the centre of each ball put a piece of the chestnuts from the reserved portion, just dipped in cream. Dip each ball in breadcrumbs and egg, and fry a gold colour.

Serve on a napkin, with white sugar lightly sifted over them. The purée of chestnut may also be steamed in a mould like soufflé pudding.

### Profiterolles as a Sweet Dish.

Warm in a saucepan half a pint of milk, 2 ozs. of butter, 1 oz. of sugar, a pinch of salt. Stir in enough flour to make a paste, and some orange-flower water; then work in two eggs, and form the paste into small balls or buns. Bake on a tin, and serve on a napkin with chocolate sauce in a tureen.

### Cheese Cakes.

Butter some small patty pans; line with puff paste. Fill with the following custard, and bake in a quick oven :—

$\frac{1}{4}$ lb. potato flour	} just warmed on the fire ;
1 pint milk	
2 ozs. butter, stirred to a cream	
2 ozs. sugar ;	
3 eggs yolks and whites stirred in separately	

Have some currants ready, carefully washed, and make a pattern with them on the top of each 'cheese cake'

### Puff Paste.

Three cupfuls *sifted* flour, two cupfuls butter, one yolk of egg, a little salt, 1 teaspoonful Yeatman's yeast powder.

The essentials for making a puff paste are : a cool place to make it in, ice broken up in two shallow cake

pans, good flour, and butter, firm, with the salt and buttermilk worked out. Sift the flour with the powder in it on the pastry slab ; form it into a ring with the back of your hand ; place in the centre the yolk of egg and salt ; add a little ice water, and from the inside of the ring gradually take the flour, adding, a little at a time as you require it, more ice water—about a cupful together—until you have a smooth fine paste, very tenacious and lithe. Place in the ice box for fifteen minutes, then roll it out to the size of a dinner plate ; lay on it the butter, and wrap over it the edges of dough, carefully covering it ; turn it upside down, and roll it out very thin ; then turn the face down—the face is the side of the paste next to the rolling pin—folding it in three, squarely. Repeat this *three times more*, placing it in a thin tin on the broken ice, and the other tin containing ice *on it* between each turn or operation of folding and rolling. By this method this difficult puff paste may be made successfully in the hottest weather.

### Semmel Pudding.

(German Recipe.)

Work 4 ozs. of butter into a cream. Add the yolks of six eggs, one after the other. Rub the peel of half a lemon into 8 ozs. of white sugar ; pound this and add it. Add also a little of the juice of the lemon, 1 oz. of pounded almonds, a little pounded spice, a spoonful of rum, a few bits of finely sliced peel. When all the above has been well stirred together, 12 ozs. finely grated white roll (*semmel*)



crumbs or bits of broken biscuit pounded must be added, and very gradually a pint of milk. The six whites of eggs must now be well beaten, and then added to the rest. Put it into a well-buttered mould which has been strewn with grated bread, and bake for one hour. Turn it out, and serve with a fruit sauce (*saft*).

### Potato Pudding (*Sandtorte*).

(German Recipe.)

Work  $\frac{3}{4}$  lb. of butter into a cream. Rub the peel of a lemon on to some white loaf sugar; pound it, and add 1 lb. to the above. Add gradually the yolks of nine eggs. Add, also very gradually, 1 lb. of home-made potato flour. Lastly, beat up well the whites of six eggs, and add these. Stir the whole for one hour continuously, always the same way. Butter a mould; strew it with breadcrumbs and put in the mixture. Bake for one hour, and turn it out. Serve hot.

Another recipe for 'Sandtorte' adds 3 ozs. of almonds, with a few bitter ones among them, the juice as well as the rind of a lemon, and 3 or 4 spoonful of maraschino, to the above.

### Potato Pudding No. 2.

Boil  $\frac{1}{2}$  lb. of potatoes; rub them through a fine sieve. Add 6 ozs. of butter clarified, four eggs well beaten, the juice and rinds of two lemons, 7 ozs. of pounded sugar, and a little brandy. Put paste round the edge of a pie-dish. Bake this size of pudding for three-quarters of an hour.

### Caramel Pudding.

Take 2 ozs. of pounded sugar and put in a plain mould, and set on a hot plate until melted, then run it all round the mould and fill with the following mixture: for a pint mould take seven yolks of eggs, half a pint of cream, and sweeten to taste. Steam half an hour. Make a sauce of burnt brandy and sugar, and pour round.

Caramel pudding is better cold than hot.

### Lady Raglan Pudding.

Butter the inside of a plain pudding mould. Ornament the top with citron and candied peel, and line it with dried figs cut in half, the skins being inside. Fill the mould with a raw custard made with seven yolks of eggs and half a pint of good milk or cream. Sweeten and flavour to taste. Cover the mould with buttered paper, and steam till quite firm. Let it stand till cold, and then serve with sauce made of two tablespoonsful of apricot jam or marmalade and two glasses of sherry.

### Snowdon Pudding.

$\frac{1}{4}$  lb. suet ;  
 $\frac{1}{4}$  lb. breadcrumbs ;  
2 tablespoonsful of marmalade ;  
1 dessert-spoonful of moist sugar.  
A pinch of salt.

Chop the suet very fine, and mix all the ingredients well together. Put in a mould, and steam four or five hours

### Amber Pudding.

Peel six apples ; cut out the core, and cut them into slices.

Put them into a stewpan with 3 ozs. of moist sugar, 2 ozs. of butter, and the peel and juice of a lemon. Stew the apples till they are quite tender. Pass them through a sieve into a large basin, and stir to the purée the yolks of three eggs. Line a pie-dish with puff paste. Pour the mixture into the dish, and put it into the oven for twenty minutes. Whip the whites of the eggs to a stiff froth. When the pudding is set, put the white of egg on the top, and sift castor sugar over it. Put it back into the oven to set, but do not let it take any colour.

### Newark Pudding.

- 1 cup fine breadcrumbs ;
- 1 quart milk ;
- 5 eggs ;
- 2 tablespoonsful rice flour ;
- $\frac{1}{2}$  lb. glacé cherries cut in two ; or angelica ;
- A flavouring of essence of vanille ;
- 2 tablespoonsful butter melted ;
- $\frac{1}{2}$  teaspoonful carbonate of soda.

Soak the crumbs in milk. Wet the rice flour with cold water, and stir in. Next the yolks of eggs well beaten ; then the milk, butter, and other ingredients. Have ready a buttered mould ; ornament the base with cherries and angelica cut in shapes. Bake, or steam. Serve, if baked, on a napkin with sauce

separately, if steamed with sauce around. An hour for baking ; two hours for steaming.

### Fig Pudding.

$\frac{1}{4}$  lb. figs pounded in a marble mortar ;  
 $\frac{1}{2}$  lb. breadcrumbs mixed gradually ;  
6 ozs. beef suet minced small and mixed ;  
4 ozs. pounded loaf sugar.  
A pinch of salt.

To be all well mixed with two eggs beaten up, and a good teacupful of milk.

All to be well beaten up, put in a mould, and boiled for four hours in a pan of water.

Send up with a rum sauce.

### Eve's Pudding.

6 ozs. breadcrumbs ;  
6 ozs. beef suet, chopped very fine ;  
6 ozs. chopped apples ;  
6 ozs. currants or sultanas ;  
Four eggs well beaten ;  
Sugar to taste ; and lemon peel.  
Boil in a shape. Serve with wine sauce

### German Pudding.

2 ozs. rice boiled in 1 pint milk ;  
6 ozs. beef suet ;  
6 ozs. sultanas, chopped fine ;  
Three eggs ;  
A little sugar and lemon peel.

Bake in a mould ; turn out and serve with sauce, as follows :—

Three eggs well beaten ;  
A wine-glass of Chablis ;  
A squeeze of lemon ; lemon peel.

Whisk whilst warming. If preferred, the sauce can be sent up in a sauce boat.

Sauce made with fruit syrup may be used instead of the egg sauce.

### Marmalade Pudding.

1 teacupful sour milk, or buttermilk ;  
1 tablespoonful brown sugar ;  
1 tablespoonful marmalade ;  
 $\frac{1}{4}$  teaspoonful carbonate of soda ;  
The yolks of two eggs beaten up in the milk ;  
6 ozs. of flour ;  
Whisk the whites of eggs and stir in.

Steam quickly for half an hour, letting it stand a little longer at the side of the fire. Serve with marmalade sauce.

### Irish Puddings.

Take one egg, and its weight in sugar, in flour, and in butter. Add a very little lemon juice, and grated lemon peel.

Beat it well and lightly for nearly a quarter of an hour ; pour it into small tins and bake for twenty minutes.

This quantity makes three cup puddings.

**Bakewell Pudding.**

$\frac{1}{4}$  lb. biscuit crumbs (finger) ;  
6 ozs. sugar ;  
1 gill cream ;  
2 ozs. dried cherries ;  
 $\frac{1}{2}$  lb. cored pears ;  
6 eggs ;  
2 dozen almonds.

Butter a pie dish. Mix biscuit crumbs, sugar, and cream together in a basin ; put a layer of it in the pie-dish, then a layer of pears cut thin, then a layer of breadcrumbs, then dried cherries, crumbs, and almonds ; beat two eggs between the successive layers, reserving one for the top to ornament with dried cherries and almonds. A little salt and sugar should be mixed with the egg before being whipped.

Bake twenty minutes.

**Indian Corn Pudding (*baked*).**

(American Recipe.)

Take one quart of boiled milk, stir in seven spoonful of Indian corn meal while still boiling hot, mix it quite thin ; when it is moderately warm, add molasses, a little ginger and salt, four eggs, a lump of butter the size of an egg, and bake.

**Indian Corn Pudding (*boiled*).**

(American Recipe.)

Take one teacupful of molasses, one piece of suet

the size of two eggs chopped fine, three spoonsful of Indian corn meal ; scald the meal with boiling water, or milk, mix it quite thin ; when it is nearly cold, add four eggs well beaten. It requires three hours' boiling in a strong cloth.

### Chocolate Pudding.

$\frac{1}{2}$  lb. chocolate (Compagnie Coloniale, without sugar) ;

$\frac{1}{2}$  lb. stale sponge cake, or rusks in crumbs ;

$\frac{1}{4}$  lb. sugar ;

1 pint new milk ;

6 eggs ;

$\frac{1}{2}$  lb. butter.

Rub the butter and sugar to a cream, add the yolks of eggs, well beaten. Stir in the grated chocolate dissolved in the milk, and lastly the whites of egg well beaten.

Bake in a soufflé case three-quarters of an hour, or steam in a plain mould.

### Bread and Butter Pudding.

Cut thin slices of stale bread, butter them, and fit them into your pudding dish till it is half full.

Heat the milk and stir in sugar and the eggs, well beaten. Pour this mixture over the bread and butter, and put a saucer on the slices to keep them in their place. It will require at least a quarter of an hour for the bread to soak up the milk and eggs. If the bread floats, lay a spoon across the top to keep it in its place. Bake in a moderately hot oven.

Currants, or chopped angelica, may be strewn on each slice of bread in making this pudding.

### **Tapioca or Sago Pudding.**

- 1 teacup tapioca ;
- 1 quart milk ;
- 2 tablespoonsful butter melted ;
- 1 tablespoonful sugar ;

A few drops essence of vanille, if that flavour is liked, or of bitter almonds.

The artificial oil of bitter almonds is safer in cookery than the natural oil of the almond, because it does not contain the prussic acid which is sometimes present in the natural oil.

Soak the tapioca in water for two hours. Drain thoroughly ; then put the tapioca into tepid milk and soak another two hours. Mix the butter and sugar, and stir in.

Beat the yolks and whites separately, and stir in. Butter a dish and fill. Bake in the oven three-quarters of an hour.

### **Genoese Pudding.**

Take three eggs and an equivalent weight of flour, butter, and sugar ; beat the butter and sugar in a basin, adding one egg at a time with a little of the flour, and some essence of vanille or lemon, till all is beaten up together.

Butter and line a thin square tin with paper, pour the batter into it, put this into the oven, and when set sufficiently to raise it from the paper, take it out.



Spread plum or any other firm kind of jam on it, roll it over and over, and return it to the oven till firm ; serve with white sugar over it.

### Pudding à la Mousseline.

Grate the rind of two lemons, squeeze the juice, mix in 2 ozs. of powdered sugar, 2 ozs. of fresh butter, and a pinch of salt, and the yolks of four eggs. Put in a stewpan and stir briskly ; let the mixture just come to the boil.

Set it to cool in a basin ; when quite cold, stir in one more yolk. Whip four whites to a firm froth, and mix in carefully, so that the mixture is perfectly smooth and uniform.

Butter a plain mould, fill with the mixture, steam for three-quarters of an hour. Surround with either fruit-syrup sauce or ' chaudeau ' sauce.

### Sunday Pudding.

1 lb. flour ;  
 $\frac{1}{2}$  lb. breadcrumbs ;  
1 lb. suet ;  
 $\frac{1}{2}$  lb. sugar ;  
1 lb. raisins  
1 egg.

These ingredients are to be mixed with milk and boiled five hours in a cloth.

### Baked Apple Pudding.

Ingredients :—1 lb. of flour, 1 heaped-up tea-

spoonful of Yeatman's yeast powder,  $\frac{1}{2}$  lb. of good dripping, lard, or butter, 1 lb. of moist sugar,  $1\frac{1}{2}$  lbs. of apples, some lemon-peel, and  $\frac{1}{4}$  lb. of currants. Mix the yeast powder well into the dry flour, rub the dripping in the flour until it is thoroughly well mixed, two-thirds of a breakfast-cup of water to make into a dough ; knead it and roll out. Have ready a basin well buttered, and as much sugar laid on as the butter will hold ; line this basin with the paste, put in a handful of apples chopped fine, a few currants, some lemon-peel, a little cinnamon, nutmeg, some sugar, a teaspoonful of water, and a layer of dough rolled out thin ; then some more apples, and other ingredients. Continue the same alternately until the basin is full ; then fold the dough over the top so as to completely cover it. Bake in a slow oven for one hour and a half. Turn it out on a flat dish, when it should look brown and glazed. This is a very economical pudding, and very nice for winter use

### **Poor Man's Pudding.**

Half cupful of chopped suet,  $\frac{1}{2}$  cupful of seeded raisins,  $\frac{1}{2}$  cupful of currants, washed and picked,  $1\frac{1}{2}$  cupfuls of grated bread, 1 cupful of flour, 1 teaspoonful of Yeatman's yeast powder,  $\frac{1}{2}$  cupful of brown sugar, 1 pint of milk.

Mix all well together, put into a well-buttered mould, set in a saucepan, with boiling water to reach half up the sides of the mould ; steam it two hours ; turn out on its dish carefully, and serve with butter and sugar.

### **Black Currant Jelly as a Sweet Dish.**

Take one quart of ripe black currants, put them into a stewpan on the fire, with half a pint of good syrup. Let them boil for five minutes, then pass them through a tamis cloth into a basin; add one glass of brandy, and one ounce and a half of isinglass; pour into a mould set in rough ice ready to receive it.

### **Gâteau de Prunes à la Crème.**

Stew the prunes in water for an hour and a half, then take out the prunes and remove the stones with a skewer. Meanwhile, dissolve some red currant jelly in the water in which the prunes have been stewed, add sugar, lemon juice, and a little gelatine, and simmer together. Fill a border mould with the syrup and prunes; let it cool, turn out on a dish, and fill the centre with whipped cream; or fill a solid mould and serve the cream separately.

The stones may be cracked, the kernels blanched, and a few added to the prunes, if the flavour is approved.

### **Prune Jelly for a Quart Mould.**

Take  $1\frac{1}{2}$  lbs. of prunes and stew for an hour and a half, with the rind of 1 lemon, and 3 ozs. of sugar. Then pass through a sieve and add the juice of 1 lemon, a pot of red currant jelly, and 1 oz. of gelatine. Pour into a mould until cold.

### Apple Jelly.

1 gallon of apples, cut in quarters.

$\frac{1}{2}$  gallon of water.

Simmer slowly till the mass can be rubbed through a sieve. To each quart put  $1\frac{1}{2}$  lbs. of lump sugar, the juice of a lemon and its peel chopped small ; boil on a quick fire, pour into shapes, or jars, and serve with cream in a cream jug.

### Orange Jelly.

Squeeze the juice of ten oranges and two lemons, taking care first to remove every pip, as, if a pip is allowed to remain in the orange, it will give a bitter flavour to the juice.

Make a syrup of 3 lbs. loaf sugar, 1 quart water, and the white of an egg. Whisk in a sugar boiler, and let it boil five minutes, dashing in some cold water. Strain through a napkin into a basin.

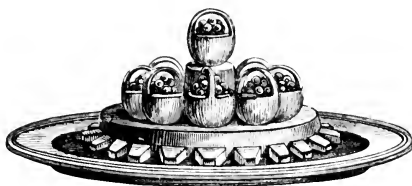
Rub two of the oranges with lumps of sugar, so as to obtain the zest, and mix with your juice. Add half a pint of boiling sugar-syrup, and strain through a flannel bag. When nearly cold add an ounce of clarified isinglass—that is, you wash an ounce of isinglass in several waters ; you let it dissolve in  $1\frac{1}{2}$  pints of water and simmer till it is reduced to  $\frac{1}{2}$  a pint ; strain through a silk sieve. This jelly may be made a richer colour by adding a few drops of essence of cochineal ; it will not be a clear jelly like calf's feet. Choose a mould which is not too ornamented to turn

out well. If you have ice, it is an advantage to stand your mould on the ice. Turn out. Garnish with quarters of oranges.

As oranges and lemons yield uncertain quantities of juice, it may be necessary to use more. The orange must give the dominant flavour ; the lemons are added to enhance the flavour without being perceived when mixed with the oranges.

### Orange Baskets.

Mark the handle of the basket evenly across the stalk end of the fruit with a blunt knife, the handle to be half an inch broad. Trace the rim of the basket by a line from one end of the handle to the other, exactly in the middle of the orange. Then take a penknife and cut through the rind on the traced lines ; but do not cut into the pulp. Now use the handle



ORANGE BASKETS.

part of a teaspoon to detach the pulp from the rind, and then the spoon to complete the operation. Press the pulp through the parts of the orange removed on each side of the handle. When the basket is complete, snip the edges so as to form vandykes. Run a little clarified butter over the inside of each basket to

make it hold, fill with orange jelly, and dress on a napkin, with a thick slice of sponge cake in the centre, on which a middle group of baskets rests.

### **Calf's Foot Jelly.**

The modern practice is to make wine jellies with preparations of gelatine or isinglass instead of using calf's foot stock as the basis. But this does not produce the best kind of jelly. Calf's foot stock is made by boiling four feet, cleaned of all fat, in a gallon of water for six or seven hours. The whole is then to be carefully strained into an earthenware pan. When cold, the fat on the surface is removed and the jelly is broken up from the top, leaving the sediment at the bottom of the pan, and placed in another pan or basin.

The gallon of water will produce about two quarts of stock, which must be white and clean, but which is not transparent. The flavouring and clearing are the next processes. As the calf's foot stock is not quite firm enough to receive the mixture of flavouring matter and bear moulding, it is necessary to put in from  $\frac{1}{2}$  to  $\frac{3}{4}$  oz. of Nelson's gelatine. For invalids no gelatine must be used, and the jelly is to be poured into a basin, and when cold sent up in broken pieces in glasses.

The flavouring of wine jelly is to be sherry, brandy, sugar, lemon juice, and lemon peel. The sherry and brandy must be pale and of excellent quality, the lemons ripe, and the utmost care is

desirable in removing the pips before squeezing out the juice.

The clearing matters are the whites and the shells of eggs, and there must be a clean jelly bag of thick flannel and a stand, to which this is fastened.

A bottle of sherry from which one wine-glass is taken, and a wine-glass of brandy added.

The strained juice of 6 lemons ;

The zest or rind of 3 lemons ;

$\frac{3}{4}$  lb. of lump sugar ;

Whites and shells of 8 eggs (the shells cleaned and crushed) ;

$\frac{1}{2}$  oz. of Nelson's gelatine to be added when the mixture begins to boil.

The ingredients are placed in a large stewpan with the stock, and allowed to get hot on the side of the stove, then to boil gently and receive the gelatine without stirring. At the end of about sixteen minutes withdraw the stewpan, and let it stand a few minutes before pouring the whole into the jelly bag. A large basin with a lip is to stand under the jelly bag, and another similar basin is to be at hand. It is sometimes necessary to pass the jelly six times through the bag before it is faultlessly clear.

It is not to be poured into the mould till nearly cold.

Very small fragments, mere dots, of gold or silver leaf may be mixed in, or the top of the mould may be decorated with little balls of pistachio nut pounded and mixed with jelly, or various kinds of fruit, grapes, strawberries, bits of pineapple may be used to ornament the mould.

An inexperienced cook or mistress had better limit her efforts to making jelly which is clear and well-flavoured, which bears moulding and turning out without the defect of breaking to pieces, or the worse defect of being tough.

### Jellies with Liqueur Flavour.

Dissolve in cold water some Nelson's gelatine—2 ozs. to a quart of water boiled till reduced to a pint. Sweeten slightly ; filter and let cool partially. Mix in a small wine-glass of liqueur, decorate a mould. Fill with the mixture, and place on the ice.

The liqueurs are—

Noyau	Punch
Maraschino	Curaçoa
Chartreuse	Kirsch.

### Mincemeat.

Mincemeat should be made four or five weeks before using, as it greatly improves by keeping.

- 2 lbs. apples, pared and chopped ;
- $\frac{3}{4}$  lb. beef suet, neatly cleaned and chopped small ;
- $\frac{1}{2}$  lb. raisins
- $\frac{1}{2}$  lb. sultana raisins
- } stoned and chopped ;
- 1 lb. currants, well washed and dried ;
- $\frac{1}{4}$  lb. mixed peel, chopped ;
- Juice and rind of one lemon, chopped ;
- 1 tablespoonful cinnamon (if approved) ;
- 2 lbs. sugar ;
- 2 teaspoonsful salt ;



$\frac{1}{2}$ pint brandy 1 glass sherry	{	To be added two days after the other ingredients have been mixed.
---------------------------------------------	---	-------------------------------------------------------------------------

Mix thoroughly, and put in a jar ; cover, and keep in a cool place.

Mince pies ought to be made in little tins the shape of a manger, not in round tins. The paste should be puff paste, under and over, and brandy is to be handed round, with a taper to set it alight before it is poured over the mince pie.

### Mincemeat No. 2.

(A Norwich Recipe.)

$\frac{1}{2}$ lb. beef 2 lbs. suet	}	free from skin and chopped extremely fine ;
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1  $\frac{1}{4}$  lbs. raisins, stoned and chopped ;

1  $\frac{1}{4}$  lbs. currants, washed and dried ;

Three Norfolk beefens ;

1  $\frac{1}{2}$  ozs. cinnamon ;

$\frac{1}{8}$  oz. mace ;

$\frac{3}{8}$  oz. nutmeg ;

$\frac{3}{4}$  lb. sugar ;

A pinch of salt ;

Juice and peel of one lemon.

A little brandy and sherry to be added afterwards.

### Rich Mincemeat No. 3.

$\frac{3}{4}$  lb. fillet beef from the undercut of sirloin not cooked, chopped extremely fine ;

2  $\frac{1}{2}$  lbs. suet, picked, chopped, and sifted ;

2½ lbs. currants, washed and dried ;

1¼ lbs. raisins, stoned, chopped ;

1½ lbs. apples, chopped fine ;

2 lbs. loaf sugar ;

Six large, or nine small lemons ; peel grated, juice squeezed ;

1½ ozs. mixed spice ;

¼ oz. salt.

A little brandy and sherry to be added afterwards.

### Plum Pudding.

1 lb. raisins	} washed, stoned, dried ;
1 lb. currants	

1 lb. suet, chopped fine ;

½ lb. sugar, and a pinch of salt ;

¼ lb. mixed peel, chopped fine ;

½ lb. breadcrumbs.

Mix with six eggs and a gill of milk.

Butter a mould, taking care to wash all salt out of the butter before using ; fill the mould with the pudding mixture ; place paper over and tie in a cloth.

The plum pudding is to be put on in boiling water, and kept at the boil for five hours.

Turn out on a napkin, and sprinkle the top with white sugar.

Serve a brandy sauce in a sauce-boat ; or better than sauce, plain cream.

### Christmas Puddings for Twenty-six People.

6 lbs. flour ;

6 lbs. suet, chopped and sifted ;

4 lbs. raisins, stoned and chopped ;  
2 lbs. currants, carefully washed and dried ;  
1 tablespoonful ground ginger ;  
A little nutmeg ;  
A little salt ;  
2 lbs. treacle ;  
 $\frac{1}{4}$  pint milk ;  
 $\frac{1}{2}$  pint brandy ;  
Fifteen eggs.

Thoroughly mixed and amalgamated.

To be made into two or more puddings, and boiled in cloths for *ten* hours. Plum puddings should be made and boiled several days before they are served.

### Wine Sauce for Puddings.

Six eggs, yolks only ;  
1 oz. sugar ;  
 $\frac{1}{2}$  pint sherry ;  
The zest of a lemon.

Warm till the sauce is about the consistence of cream.

If brandy is used instead of wine, it must be diluted with water, and the juice of a lemon added. A little more sugar will be required.

### Wine Sauce No. 2.

Bring slowly to the boiling point  $\frac{1}{2}$  pint of wine, then add to it the yolks of four eggs, and 1 cupful of sugar ; whip it on the fire until it is in a state of high froth, and a little thick ; remove, and use as required.

### Wine Sauce No. 3.

$\frac{3}{4}$  pint water, 1 cupful sugar, 1 small teaspoonful arrowroot, 1 teaspoonful each of essence of lemon and cinnamon,  $\frac{1}{2}$  gill white wine.

Rum or brandy may be used instead of wine, and in that case the cinnamon is to be omitted.

### Fruit and Syrup Sauces.

When fresh fruit is to be had, the flavour is far superior to that of preserved fruits. The fruit is to be made to give its juice by simmering in a saucepan. Pineapple and apricots must be simmered in a small quantity of water. The pulp or juice is passed through a tamis, sweetened to taste, and, if liked, flavoured by wine or lemon juice.

When preserved fruit or fruit syrups are used, sugar is not added.

(See also the chapter on ices for fruit mixtures.)

### Chaudeau Sauce.

Take two whole eggs, six yolks of egg, eight ounces loaf sugar, each lump to be rubbed on lemon peel; two pints Chablis, and the juice of half a lemon; beat them over a slow fire till a light, thick froth is formed; take the stewpan off the fire, just before boiling point, and beat a little more. If small streaks like oil appear on the surface of the froth, you know that the sauce is ready. The flavour is very much heightened by adding a dessert-spoonful of rum or fine liqueur.

### Hard Sauce.

1 cupful butter ;  
2 cupfuls powdered sugar ;

Stir till of the consistency of cream ; then mix in  $\frac{3}{4}$  of a cupful of white wine, and the juice of a lemon.

Beat long and hard till you have a nearly solid mass. Smooth with a knife, and stamp as you would a pat of butter. Keep on the ice till it is to be served with a pudding or tart.

Brandy may be used instead of white wine

### Apricot Sauce.

Take a small pot of apricot marmalade and dissolve it in  $\frac{3}{4}$  of a gill of water, with the juice of a lemon ; stir in  $\frac{3}{4}$  of a gill of rum.

This sauce is always sent up with Baba.

Greengage marmalade, or any fruit marmalade, may be used in place of apricot, and wine or brandy may be substituted for rum sauce.

### Whipped Sweet Sauce.

The yolks of four eggs ;  
2 ozs. pounded sugar ;  
1 glass sherry ;  
The juice of one lemon ;  
A grain of salt.

Use a milk saucepan, whisk the sauce on the fire till it is a creamy froth, and pour over the pudding, or send up in a sauce tureen.

## CHAPTER XXVIII.

*PRESERVES.***Fruit Jellies.**

TAKE any quantity of currants ; remove stems, &c., pass them through a cane sieve, put them in the preserving-pan on the fire, and stir with a wooden spoon till they begin to boil ; pass through a flannel bag to clarify. Ascertain how many pints of juice you have obtained, and add an equal quantity of sugar syrup.

Sugar syrup is made by dissolving sugar in water, half a pint of water to 1 lb. sugar, boiling and skimming.

Boil together the juice and syrup till the surface is covered with scum ; remove that and pour into pots. Next day cover the jelly with paper steeped in brandy, and the pot with parchment-paper.

Vegetable parchment is a very efficient substitute for bladders or animal membrane ; it is sold in sheets as well as in covers the size of jars. The mode of using is to soak the parchment in water for a minute or two, to wipe off any superfluous moisture, and to stretch the cover over the jam-pot, and then tie string

round. The parchment dries and tightens itself over the pot.

Cherries, raspberries, and black currants may be treated in the same way, but to each of these fruits a mixture of red currants must be added in the proportion of one to three.

### Jams.

It is usual to allow  $\frac{3}{4}$  lb. sugar (white preserving) to 1 lb. of fruit. The fruit must be cleaned and cleared of stalks and stems, and must have been picked when quite ripe and quite dry. Put the fruit and sugar in the preserving-pan on the fire, stir together. Boil for about forty-five minutes, stirring and skimming; and when scum ceases to rise, put the jam in pots. The skimmings are generally used to mix at once with fresh fruit puddings.

### Grape Jelly.

Out-of-door grapes which ripen imperfectly may be used for making jelly, or small grapes where there is such an abundance that only the finest come to table.

Strip them from their stalks, bruise slightly; simmer on the fire (in a bain-marie stewpan) till they are wasted to a third; pass through a hair sieve; put again on the fire, and reduce till of the consistency of fruit jelly. If the grapes are sweet enough, no sugar is wanted; if not sweet enough, some sugar must be added for the second boiling.

If the grapes are not required to keep, a good dish is obtained by stewing them with sugar for a short time.

### Barberry Jelly.

Strip the barberries from their stalks, put them in a bain-marie saucepan, or a milk stewpan, with enough water to cover them. After they have boiled for about a quarter of an hour, take them off the fire ; put them in a basin, and bruise with a wooden spoon ; pass through a hair sieve, weigh the juice thus obtained, and add its weight of sugar. Boil till bubbles rise all over the surface ; take off the fire, skim, and pour into pots.

This jelly makes a delicious syrup for pudding à la mousseline, gâteau of rice, and other puddings which are improved by the contrast of fruit to egg flavour.

### Quince Jelly.

Pare and slice the quinces, and put into a preserving-pan with sufficient water to float them. Boil until the fruit is reduced to a pulp. Strain off the clear juice, and to each pint allow 1 lb. loaf sugar. Boil the juice and sugar together for about three-quarters of an hour, removing all the scum as it rises. Test the jelly by pouring a little on a plate to see when it is firm enough. The residue left on the sieve will make a common marmalade for immediate use, by boiling every pound of pulp with  $\frac{1}{2}$  lb. of common sugar.



Allow three hours to boil the quinces in water, and three-quarters of an hour to boil the jelly.

### To Preserve Oranges whole.

Take Seville oranges of the same size, make a slit an inch long in the sides ; set them to boil in a good deal of water, and change the water twice, so as to diminish the bitterness. The oranges must simmer till quite tender, care being taken that they do not break. When tender drain carefully on a sieve, and let them remain twelve hours, then simmer in very weak syrup for one hour. Drain from this syrup, and simmer in richer syrup till the oranges are semi-transparent. Before the oranges are quite finished a little brandy must be stirred into the syrup.

The rich syrup is made by dissolving 2 lbs. loaf sugar in 1 pint water, and adding 2 ozs. ground ginger.

The weak syrup, 6 ozs. sugar, and 2 ozs. ground ginger to 1 pint water. When the sugar is dissolved, the liquid is to be put in a stewpan, allowed to come to the boil, and skimmed. Then pour into a basin and use.

### Orange Marmalade.

To every eight Seville oranges, allow twelve sweet oranges.

Take off the rind of the Seville oranges in two or at most four parts, boil till tender in water enough to cover the rinds, drain and scrape away the white inner part, mix the juice and pulp of the Seville and sweet oranges. Be very careful to pick out the

pips before mixing. To each pound of this mixture put half a pint of water; boil for two hours, adding a little more water as it wastes, and pass through a jelly bag.

Cut the Seville rinds into thin fillets. Weigh them and weigh the strained pulp. Allow  $1\frac{1}{2}$  lbs. sugar to each pound. Dissolve the sugar in the strained pulp. Add the fillets of rind, and simmer for twenty minutes.

The rind and juice of one lemon may be added to every eight Seville oranges. The proper season for making marmalade in England is the spring.

### **Pineapple Marmalade.**

The pineapple is now become so cheap at certain times of the year that it is quite worth while to store it up in the form of marmalade. Small pineapples are sold at the rate of sixpence apiece: these are good enough to make marmalade.

Pare, slice, remove spots, cut into small pieces, weigh; put into an earthenware jar (or a milk saucepan) in a stewpan of water, and let it simmer till clear. Meanwhile prepare a sugar syrup by boiling 2 lbs. sugar with a gill of water. The proportion of sugar to fruit is  $\frac{3}{4}$  lb. sugar to 1 lb. fruit.

Mix the syrup and stewed fruit together, and boil for half an hour, stirring all the while.

### **Apple Cheese.**

Boil three quarts of sound cider till they are re-

duced to two quarts. Pare, core, and slice up juicy pudding apples, and put them in a stewpan with enough of the cider to cover them ; as soon as they are quite tender take them out with a perforated spoon, and put in the cider a second quantity of sliced apple. Continue till the cider is all absorbed. Then place the whole mixture in an earthenware vessel. Let it stand for twelve hours ; put it in a preserving-pan, and boil down till it is of a rich brown colour, and of the consistency of porridge.

### Green Tomato Preserve.

Cut the tomatoes into four or six pieces according to size, and take out the seeds. To every pound of fruit put  $\frac{3}{4}$  lb. loaf sugar, and  $\frac{1}{2}$  oz. ginger, cut small. Dissolve the sugar in a little water, and let it simmer with the ginger for five minutes ; then add the fruit and boil till clear. This preserve has the colour and flavour of greengage.

### Fruit Syrup.

4 lbs. red gooseberries, not quite ripe ;  
1 lb. cherries ;  
 $\frac{1}{2}$  lb. raspberries.

Clean from stems, tips, stones, &c. ; bruise all together ; and place in a deep earthenware pan for twenty-four hours. Bruise with a wooden spoon, and squeeze with the hand ; then let the juice pass through a hair sieve, but do not rub the pulp through. Cleanse the sieve, and place over it a napkin ; run the juice through this so

that it may be transparent ; to every pound of juice add  $1\frac{1}{2}$  lbs. sugar. Let the sugar melt in the juice, then put the mixture in a jam pan, and boil ; remove the scum as it rises, and when it ceases to rise pour the syrup into a basin with a lip ; as soon as it is cool enough, bottle ; cork the next day, and keep in a cool place. The syrup may be made with red currants and raspberries.

### Mixed Cherries in Brandy.

Take 6 lbs. ripe cherries, remove the stems, extract the stones, break them, and return the kernels to the bruised cherries. Add  $1\frac{1}{2}$  lbs. of sugar, and boil down to the consistency of syrup ; put in a large jar, and when it is cold mix in two quarts of brandy, and add some cloves ; tie down the jar so that no air can get in. When the Morella cherries are ripe, strain the above preparation through a linen cloth, and then through filtering-paper. Prick the Morella cherries with a needle, and put them into the cherry syrup. If the syrup is not enough to cover them, more brandy must be added. Tie down so as to exclude the air. In about a month the cherries will be fit for eating.

### Brandy Cherries.

Ripe Morella cherries must be used. If the skin is not quite clean, dip them in water as you proceed to cut off about half the stalk. Prick each cherry in two or three places with a needle, and throw them into a jar, which is to be filled with brandy. Let

them remain three days. Pour off the brandy, and to each pint add  $\frac{1}{4}$  lb. sugar. Boil, and pour over your cherries. About six weeks later the cherries will probably require an additional quantity of the brandy and sugar syrup poured over them. The jars or bottles must be kept carefully corked and tied down, and the cherries are not fit for eating till they have been kept two months.

### Milk Punch.

Steep the peels (pared very thin) of six Seville oranges and six lemons in two pints of rum for twenty-four hours. Pour sixteen pints of boiling water upon 6 lbs. of loaf sugar ; when dissolved add the juice and pulp of thirty-two Seville oranges and twelve lemons. Next day add the peels as steeped, and eleven pints more rum and three of brandy, and stir well together. Pour into it rather more than two quarts of new milk and two quarts of skimmed milk quite boiling, and cover down immediately without stirring. Let it stand till next day, and then strain through a jelly bag. If it does not run bright, a pint more boiling milk must be added, and it must be allowed to stand another day.

### Punch.

- 1 lb. loaf sugar ;
- 1 cup green tea ;
- 3 small wine-glasses brandy ;
- 3 small wine-glasses rum ;
- 1 bottle champagne ;
- 3 lemons.

This mixture may be used for jellies, for sauces diluted with water, or it may be iced and mixed with soda water as a drink.

### Roman Punch.

(Ponche à la Romaine.)

- 3 cups lemonade ;
- 1 cup champagne ;
- 1 cup rum ;
- 2 oranges—juice.

Whip the whites of two eggs with  $\frac{1}{2}$  lb. powdered sugar till a firm froth. Mix with the above, and ice.

### Orange Gin.

Take the rind of six Seville and six large Tange-rine oranges peeled very thin. Put it into a gallon of unsweetened gin ; drop twenty drops of essential oil of orange on to a lump of sugar, and put it in the gin. Let it remain four days, then strain off the gin. Make a syrup of three pounds of sugar-candy powdered, to three pints of spring water, and the juice of the twelve oranges. Clear it, and add the syrup to the gin. Let it stand four days, then bottle and cork it well.

### Crème d'Orange.

Infuse the rinds of six good oranges, pared very thin, in two bottles of the best brandy for a fortnight. Dissolve 2 lbs. lump sugar in one pint of water, and add it to the brandy. Pour in one pint skimmed milk quite boiling, and let it stand for twenty-four hours, then filter it, and bottle for use.

**Chablis, &c. Cup.**

Take the thinly cut peel of one lemon, twelve lumps of sugar, two glasses golden sherry, a quart bottle of Chablis, and, if the flavour is liked, a sprig of borage. Stir well together and pour into the jug, which is to be placed on ice. Immediately before serving stir the mixture, and pour in two bottles of soda water. The practice of adding liqueur or brandy to 'cup' is *not* to be commended.

Claret cup is made like Chablis cup, using claret instead of Chablis, and cider cup by using cider.

## CHAPTER XXIX.

## ICES.

To make ices there must be a pewter freezing-pot and an ice-tub, rough ice and freezing salt. Ice alone will not become a freezing medium, for ice is never colder than  $32^{\circ}$  Fahrenheit. In order, therefore, to produce a freezing medium—*i.e.* a degree of cold that will communicate frost to another liquid—it is found that common salt, in the proportion of one-half of the ice used, stirred up together, will effect the object, inasmuch as this mixture will reduce the temperature to zero.

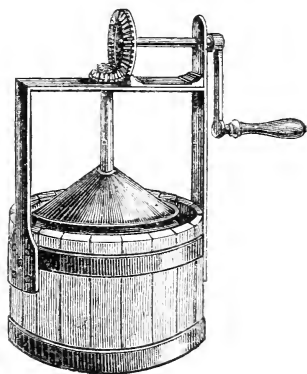
Few persons have the slightest notion of how ices have been produced, the prevalent idea being that a quantity of cream and juice is put into a pot or mould, which is imbedded in freezing mixture until frozen ; *nothing can be more erroneous.* Ice creams, &c., require to be whipped up, or churned, *during congelation*, with great care.

The old process was to place the freezing-pots in the tub surrounded with ice, to turn the pots in the tub, and the cream or syrup in the pot, for nearly an hour.

There are now machines which allow of the ne-



cessary agitation, both outside and inside the freezing-pot, being given with a far less expenditure of time and trouble. With these machines there are explanations how each is to be used. It is only necessary to add, therefore, that when the machine is laid by, and again a little time before it is used, an examination of the parts should be made to see that they are in working order.



ICE MACHINE.

Ices come to table in a large mould, as in ice puddings ; in a heaped-up mass, as for dessert, or in small china cups ; or again, in very small moulds, each guest taking one.

Great care is required, when ice is prepared in these smaller quantities, that the salt mixture should not get inside, and give a taste ; and in hot weather, the greater liability to melt is a reason against the sending up ice in little quantities.

Ices may also be served in a frame of sponge cakes, or wafers. These devices add to the difficulty of sending up ice in a good state, and in no way improve its flavour. Sponge rusks or wafers are always handed round with ices, but are not necessarily handed round with ice puddings.

### Custard for Ice Puddings.

Take half a pint of milk and half a pint of cream, and stir in the yolks of eight fresh eggs. Have ready a milk saucepan, and warm the mixture, stirring all the time. Do not let it boil, or it will form curds. When the mixture is of the usual consistency of custard, take it off the fire, add  $\frac{1}{2}$  lb. of powdered sugar, and a flavouring of vanilla, lemon, ratafia, noyau, or maraschino. Strain through a sieve, and use for ice puddings.

To this mixture can be added glacé cherries, or any dried fruits cut into fragments not larger than cherries, or bits of preserved ginger, or of pineapple.

The pudding mixture is poured into the freezing-pot, which is imbedded in the mixture of rough ice and salt, and the necessary movement of the pot in the ice and the pudding in the pot must be carried on, either by the movement of the hand, or with the help of a machine. The implement for stirring the pudding mixture is called a spaddle or a stirrer; as the freezing inside the pot goes on, the mixture must be withdrawn from the sides, and moved towards the centre, so that no lumps or hard bits are formed. The mixture when frozen must be as smooth and homogeneous as if it had been passed through a tamis. When the mixture has attained this consistence, and is thoroughly frozen, put it in the pudding mould, which must first be chilled in rough ice. Close the mould, and imbed in ice till wanted.

### Fruit Ices.

These can be mixed either with cream, or with syrup, in which case they are called 'water ices.'

The fruit must be reduced to a pulp, strained through a sieve, and, if deficient in flavour, lemon juice must be added.

Fleshy fruits must be boiled to a pulp, and passed through a tamis. Fruits which easily give up their juice can be bruised or squeezed, and passed through the tamis or sieve without boiling.

Jam or preserved fruits can be used instead of fresh fruit ; the flavour is less good ; rather more lemon juice is required.

Water ices should always be made with fresh fruit. Cream ices can be made with either kind.

Whenever it is found that the mixture does not freeze quickly in working the freezer, it is because there is too much syrup in it, and therefore a proportionate quantity of liquid, according to the description of ice you are making, must be added.

To make syrup, use 1 lb. loaf sugar to 1 pint of water. Boil it hard for twenty minutes, and then clarify with the white of an egg ; when cold, bottle it and keep it for use.

### Fruits used for Ices.

Green Gooseberries ;

Rhubarb ;

Strawberries ;

Raspberries and Currants ;

Cherries ; Currants, red or black ;  
Cranberries ;  
Apricots ;  
Peaches ;  
Chestnuts ;  
Oranges and Lemons ;  
Grapes ;  
Pineapple.

### Chocolate Ice Cream.

Dissolve 4 ozs. of the best chocolate in warm water. If the chocolate is not already sweetened, add sugar, and stir into a pint of cream, or cream and milk. Strain through a sieve, and when cold pour into the freezing-pot.

Coffee ice cream is made by using coffee instead of chocolate.

Tea can also be used as the flavouring material.

### Pineapple Ice Cream.

To  $\frac{1}{2}$  lb. of preserved pineapple, or a raw pineapple pounded with sugar, add sugar and lemon juice to taste, one pint of cream, and a little new milk ; mix ; freeze. One quart.

### Custard for Ices.

Stir the yolks of eighteen eggs well, with or without sugar, then put three pints and a half of cream, or milk, and any ingredients, with any flavour that you may prefer. Place it on a moderate fire, and stir it

continually with a spoon or whisk, until the mixture be combined, and of the consistency of a thick cream, taking care not to let it boil; afterwards pass it through a sieve, and when it is cold freeze it. When nearly frozen, put into it a plate of meringue paste, which is made with the whites of four eggs beaten up to a firm froth, and three spoonsful of syrup or powdered sugar. This meringue mixture must be put into all ices, except liquid ices, to make them smooth and light.

### Acid Fruits.

Take the rind off eight or ten lemons, oranges, or citrons, &c. Put the rind of two into a basin, squeeze the juice of the lemons into the basin with the skins, add 24 ozs. of sugar and three glasses of water; clarify the sugar with the water at 'point lissé.'<sup>1</sup> Mix all together, and let it infuse for half an hour, well covered up; pass it through a sieve, and freeze it.

The proportions here indicated will make two quarts of this and every other description of ice.

### Ices from Fruits.

For each two quarts of ice, squeeze from 30 to 36 ozs. of fruit of any description, and pass it through a sieve with two glasses of water; afterwards put 24 ozs. of sugar in syrup, with the juice of two or

<sup>1</sup> 'Point lissé,' or a thread, is when the syrup becomes a thread if drawn out with the finger and thumb; a small quantity being put in a cup to be thus tested.

three lemons ; add flavour and colour to such fruits as may require them ; then pass the whole through a sieve, and freeze it.

Such fruits as quinces, pears, apples, peaches, apricots, &c., require to be cooked with light syrup ; of these two last add a few of the kernels of the stones pounded.

### Tea Cream Ice.

To 18 ozs. pounded sugar, in syrup, ‘à la plume,’<sup>1</sup> put a pint of strong green tea, and let it boil a short time ; then add a pint and a half of cream, two pints of good milk, and a little cinnamon water. Mix the whole together and freeze it. With the same proportions you may use coffee, chocolate, &c., instead of tea. If you wish it of more consistence, add 24 ozs. of sugar. The mixture is not to be stirred, but to be kept in motion by gently rolling the vessel in which it is simmered.

### Different Sorts of Plain Ice Cream.

Boil three pints of cream, a pint of milk, 24 ozs. pounded sugar, or syrup, ‘à la plume,’ all together, then pass the mixture through a sieve, and add flavour to your taste. When nearly frozen, put in a small quantity of *praliné* flowers, preserved fruit in pieces,

<sup>1</sup> ‘A la plume’ may be known by dipping the skimmer into the syrup, shaking it and blowing through the holes ; a large quantity of bubbles will form when the syrup is a feather or ‘à la plume.’

or almonds, chestnuts, or pistachio nuts, &c. ; cut in slices and simmer in syrup, and name the ice accordingly.

### **Ginger Water Ice.**

Take 6 ozs. of preserved ginger, and pound it with a little raw ginger ; make two quarts of lemonade ; mix them together, and add meringue paste, and freeze it ; put less syrup, and do not work it much if for drinking.

### **Bavaria Ice Cream.**

Add a mixture of custard (*see* CUSTARD FOR ICES), put a flavour of coffee, chocolate, or cinnamon, and freeze it.

### **Chinese Ice.**

Beat up the yolks of thirty eggs well with 24 ozs. of powdered sugar ; add 4 ozs. of pistachio nut paste, well pounded with half the white of an egg ; put in three half-pints of water ; simmer it until it comes to the consistency of cream, taking care that it does not boil, as if so the eggs will turn ; colour it, and put the flavour you require ; afterwards pass it through a sieve, and freeze it. Small pieces of any preserved fruit may then be added.

### **Pineapple Water Ice.**

Peel and cut a pineapple, put it into a mortar with 6 ozs. of sugar, and pound it well ; put to it a pint of

water ; after having mixed it well, let it stand, and cover it up for an hour. Pass the mixture through a sieve, and add the juice of five lemons or oranges, with 24 ozs. of syrup 'à lissé ;' freeze it.

### Coffee Water Ice.

Roas 8 ozs. of good Mocha coffee, and infuse it in half a pint of water for six hours, well covered up ; then pass it through a sieve, add 24 ozs. of sugar syrup 'à lissé,' and freeze it.

### Chocolate Water Ice.

Mix 24 ozs. of good chocolate in powder, with 12 ozs. of pounded sugar, with three pints of water, and make it like chocolate ; stir it well, pass it through a sieve, and freeze it. This may be varied by putting the yolks of eight or ten eggs with the same quantity of water, stirring it well.

### Cinnamon Water Ice.

Crush  $1\frac{1}{2}$  ozs. cinnamon, put it into  $1\frac{1}{2}$  pints of boiling water, and cover it well. When it is cold, add 30 ozs. of syrup 'à lissé,' and freeze it. Saffron water ice and clove water ice may be made in the same way, adding slices of candied fruit.

### Pistachio Water Ice.

Blanch and clean from 18 to 24 ozs. of pistachio, pound them well, and put in a pint of water ; pass it



through a sieve, and add 30 ozs. of syrup 'à lissé,' and flavour and colour to your taste ; then freeze it.

### Almond Water Ice.

Make a paste of almonds, 24 or 30 ozs., pounded well, and adding from time to time a little water to prevent the almonds turning into oil. Add flavour to taste, some pieces of glacé fruit, and freeze.

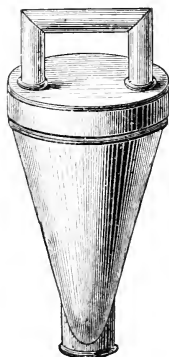
### List of Cream Ices and their accompanying Water Ices.

Plain cream	Apricot water
Almond „	Orange „
Brown bread cream	Strawberry „
Vanilla „	Raspberry „
Custard „	Black currant water
Pistachio „	Peach „
Green tea „	Lemon „
Noyau „	Mille fruits „

### Ices which should be eaten alone.

Chocolate cream ice
Coffee „
Rhubarb „
Green gooseberry cream ice
Pineapple „

### Parfait au Chocolat.



MOULD À PAR-  
FAIT,

Make a chocolate cream, with the addition of ten eggs; let it just heat on the fire, then pass through a tamis; ice this mixture, working in a little whipped cream and syrup. When a smooth ice custard is obtained, put it in a plain and rather tall mould, known in Paris as a mould *à parfait*. Keep the mould in ice for two hours; remove the mould, and send up on a napkin. Any other flavour may be substituted for chocolate.

## CHAPTER XXX.

*BREAD AND CAKES.*

FINE FLOUR is not so wholesome as that called household, or seconds, and the entire wheat meal ground fine enough for it to pass through an 18-mesh wire sieve, is best for the 'daily bread.' For cakes, scones, &c., the kinds of flour called 'Hungarian,' or 'American,' should be used.

For good brown bread, the husks have been ground by themselves, and then replaced with the flour already ground; so that all the parts of the grain are made into bread, after each part has received the treatment suitable to produce a flour which will mix and bake satisfactorily. Coarsely-ground 'whole meal' contains all the nourishment of the wheat, but its general use is objectionable owing to the presence of coarse particles.

Flour should be perfectly dry before being used. If there is any doubt, place it before the fire till it feels quite dry.

To achieve success in making bread and cakes, the cook must use judgment and care. Some flour requires more water or milk than others, so that the quantity may have to be varied to make the

dough of a proper consistency. Different bakings will vary as to the time and heat required, and should, therefore, be examined occasionally. To ascertain whether the bread is sufficiently done in the centre of the loaf or cake, thrust a clean straw or long thin splinter into it; if done, there will be no dough on it when drawn out. Always measure the flour, and put the baking powder into it before sifting. Water for milk, or milk for water, butter for lard, or lard for butter, may always be substituted. The number of eggs may be increased or diminished, or they may be dispensed with entirely. Where fewer eggs are used than directed, a little more yeast powder is required.

When yeast is used, it is essential that it should be good and fresh. Stale yeast produces an acetous fermentation and a disagreeable flavour. A poor thin yeast produces imperfect fermentation and a heavy unwholesome loaf. Too small a proportion of yeast, or insufficient time allowed for the dough to rise, makes the bread heavy.

When yeast is not obtainable, yeast powder is a satisfactory substitute, but the proportion indicated by the makers of the various yeast powders must not be exceeded.

Cooks who are accustomed to use German yeast often do not know how to use brewer's yeast. In giving orders it is important to ascertain which the cook can deal with, but brewer's yeast makes by far the best bread.

### Home-made Bread.

Mix good brewer's yeast with water and a little salt. The water is to be made tepid by allowing a quarter of the quantity to be boiling and three-quarters cold. Put the flour, which is to be whole meal properly ground and mixed by the miller, in a tub. Make a hole in the flour and pour in the yeast mixture, cover the tub with cloths, place it in front of the kitchen fire at 10 P.M., and let the sponge remain there all night. Next morning knead the mixture, the hands used for kneading being faultlessly clean. There must be no lumps or knots of unmixed flour. Let the dough remain covered for three hours, then knead again and make into loaves. Heat a brick oven with wood faggots, test the heat with a bit of dough, sweep out the oven, put in the loaves, put up the door, and place wood ashes outside to prevent air getting in. After half an hour open the door, turn and separate the loaves, close the door as before, and let the loaves bake for one hour and a half more, that is, two hours altogether. In bread thus baked, each loaf has a rich brown crust all over.

A 2-lb. loaf requires about

1 lb. 8 ozs. flour ;

10 ozs. water ;

2 ozs. salt ;

$\frac{1}{2}$  oz. yeast.

Making and baking bread are processes which require more explanation than it is easy to give

without the processes being carried on at the same time. It is therefore desirable for the cook to take a lesson from a practical baker using the same yeast and the same kind of oven she is to continue to use.

### Bread.

3½ lbs. seconds flour ;  
1 oz. German yeast ;  
Half a saltspoonful salt.

Put the flour in a large pan. Mix the yeast with a gill of tepid water, and stir in a basin till it is a stiff paste. Then add 1½ pints water, stir smoothly, and add the salt. Then mix this with the flour, and work lightly together with the hands.

Bake either as a loaf, or in a tin, or a Sheffield baking-pan. (*See illustration on p. 215.*)

### Vienna Rolls.

Have ready in a bowl a tablespoonful of butter or lard ; make it soft by warming a little and stirring with a spoon. Take 1 quart unsifted flour, add to it 2 heaped-up teaspoonsful Yeatman's yeast powder, then mix and sift them thoroughly together, and place in the bowl with the butter. Take about one pint of milk, mix in ½ teaspoonful of salt, and then stir it into the flour, &c., with a spoon, forming the dough, turn out on a board, and knead sufficiently to make smooth. Roll out half an inch thick, and cut with a large round cutter. Then

fold each one over to form a half round, wetting a little between the folds to make them stick together. Place them on buttered tins, so as not to touch, wash them over on the top with milk to give them a gloss, and then bake immediately in a hot oven about twenty minutes.

### French Rolls.

- 1 quart flour ;
- 1 teaspoonful salt ;
- 2 teaspoonsful Yeatman's yeast powder ;
- 1 tablespoonful lard ;
- Nearly 1 pint milk.

Sift the flour, salt, and powder together thoroughly ; rub in the lard cold, add the milk, and mix into a rather firmer dough than ordinary. Flour the board, turn out the dough, and immediately give it one or two quick vigorous kneadings to complete its smoothness and quality. Divide it into pieces the size of an egg, and each piece in half, which you form under the hands into the appearance of short thick rolls tapering sharply at each end. Put two of these pieces together side by side, pinching the ends together a little ; lay them on a buttered baking-tin, wash over with milk. Bake in a hot oven fifteen minutes.

### Muffins.

- 1 quart flour ;
- $\frac{1}{2}$  teaspoonful sugar ;
- 1 „ salt ;

2 large teaspoonsful Yeatman's yeast powder ;  
1  $\frac{1}{4}$  pints milk.

Sift together flour, sugar, salt, and powder, add the milk, and mix into a smooth batter a trifle stiffer than for girdle cakes. Have the girdle heated equally all over, grease it, and lay on the muffin rings, half fill them, and when risen well up to the top of the rings, turn over gently with a cake turner. They should not be too brown, just a buff colour. When they are all cooked, pull each open in half, toast delicately, butter them well. Serve on a folded napkin, piled high and very hot.

### Rice Muffins.

Mix the following ingredients :—

1 pint flour ;  
1 teacupful boiled rice ;  
1 quart milk ;  
1 tablespoonful butter ;  
1 teaspoonful salt ;  
2 eggs, beat up.

Make into thin cakes, and bake in a quick oven.

### Soda Cake.

Work 6 ozs. of butter well into 1 lb. of flour ; add  $\frac{1}{2}$  lb. of sifted sugar,  $\frac{1}{4}$  pint of boiling milk, the yolks of three well-whisked eggs, and, if approved, a little grated nutmeg.

Beat the whole well and lightly together for about a quarter of an hour. Add a very small teaspoonful



of carbonate of soda, well dried. Beat it again for a few minutes, then bake it for an hour and a half.

Add raisins and peel according to taste.

### Bath Buns.

$\frac{1}{2}$  cupful butter ;

$1\frac{1}{2}$  cupsful sugar ;

2 eggs ;

$1\frac{1}{2}$  teaspoonsful heaped up of Yeatman's yeast powder ;

$\frac{1}{2}$  cupful candied lemon-peel, cut in small thin slices ;

$1\frac{1}{2}$  pints flour ;

$\frac{1}{2}$  pint milk.

Rub the butter and sugar to a smooth, light cream ; add the eggs, beat a few minutes longer ; then add the flour, with the powder sifted in it, the lemon-peel, and milk. Mix into a moderately firm batter. Lay well-greased muffin rings on a greased baking-tin, and put a large spoonful into each. Sift sugar on them, and bake fifteen minutes in a hot oven.

### Currant Buns.

$1\frac{1}{2}$  pints flour ;

$\frac{1}{2}$  pint milk ;

$\frac{1}{2}$  teaspoonful salt ;

$\frac{1}{2}$  teaspoonful heaped up of Yeatman's yeast powder ;

$\frac{1}{4}$  lb. butter ;

$\frac{1}{4}$  lb. moist sugar ;

$\frac{1}{4}$  lb. currants, or sultana raisins.

Mix well together the flour, salt, and yeast powder, then melt the butter in the milk (cold), which add with the sugar to the flour, &c., and make into a dough, after which add the currants or raisins. Bake in a buttered tin in a hot oven.

### **Brioche Buns.**

1 lb. flour ;

1 oz. German yeast.

Set it to rise with a little warm water. Put  $\frac{1}{2}$  lb. of butter into a stewpan with a teacupful of milk ; let it be just warm ; add to this four well-beaten eggs, then with a spoon mix it with the flour and yeast into a thick batter. Let it stand in a warm place for an hour, then add a little pounded sugar, and either seeds or currants. Mould it into buns, or bake it in a cake ; but be quite sure it has risen after being made into buns. Wash the tops with beaten egg.

It should be baked in a quick oven.

### **Chocolate Cake.**

$\frac{1}{2}$  lb. butter ;

$\frac{1}{2}$  lb. chocolate à la vanille ;

$\frac{1}{2}$  lb. sifted sugar ;

$\frac{1}{4}$  lb. almonds pounded ;

1 teaspoonful sal volatile ;

7 eggs ;

3 ozs. flour.

Beat the butter to a cream, scrape the chocolate, and heat in oven. Then beat the chocolate and flour into the butter, and stir in the almonds and sal volatile.

Beat yolks and whites separately, working in the yolks before the whites.

Bake in a slow oven for about  $2\frac{1}{2}$  hours, and keep three or four days before cutting.

### Strasbourg Cake.

- 1 lb. fresh butter ;
- 1 lb. powdered sugar ;
- 1 lb. almonds ;
- 1 cup milk ;
- 2 yolks eggs.

Make a custard with the milk and eggs, and let it cool. Pound the almonds, and gradually work in the custard, as else the almonds will turn to oil ; then mix thoroughly with the butter and sugar ; line a buttered mould with finger sponge-cakes, pour in the almond mixture, put a buttered paper and a light weight on it, and bake for twenty-four hours.

### Plain Cake.

Rub 1 lb. good beef dripping, or lard, into 3 lbs. of flour. Add 1 lb. raw sugar, caraway seeds to taste, or spice, if preferred. Dissolve 3 teaspoonsful carbonate of soda in 1 quart sour buttermilk. Mix the whole into a light dough. Let it stand a short time before the fire to rise, then put it quickly into a tin lined with buttered paper, and bake in a slow oven. If a richer cake is desired, add chopped peel, or currants and raisins, and three or four eggs.

### Cake without Eggs.

- 1 lb. currants ;
- 1 lb. flour ;
- $\frac{1}{2}$  lb. brown sugar ;
- 6 ozs. butter ;
- 3 ozs. candied lemon peel ;
- 3       "       orange peel ;
- 1 breakfast cupful new milk ;
- 1 teaspoonful mixed ground spices ;
- 1       "       ginger ;
- 1 teaspoonful carbonate of soda.

Melt the butter in the milk on the fire, and pour it into a basin with the other ingredients. Mix thoroughly with *the hands*. Bake in a tin with buttered paper. The tin should be filled only half full.

### Kügelhüpfе.

- $\frac{1}{4}$  lb. butter ;
- 5 eggs ;
- A tablespoonful sugar ;
- A teaspoonful salt ;
- Milk ;
- German yeast.

Beat the butter to a cream, dredge in a heaped tablespoonful of flour, and stir in one egg ; beat together. Go on with a spoonful of flour and an egg till the five eggs are worked in. Take German yeast the size of a walnut, and dissolve it in warm milk, mix in the sugar and salt, and work it all into the paste. Half fill a tin which has been buttered and coated with breadcrumbs.

Set it to rise in a warm place for two hours. Bake in a moderate oven for half an hour, or till done.

### Gimblettes.

6 ozs. sugar ;  
6 ozs. flour (Hungarian) ;  
3 eggs ;  
Some zest of lemon.

Break and beat up the eggs, add the sugar and lemon and work well together, dredge in the flour. The paste must be neither too stiff nor too soft ; therefore do not work in all the flour till it is clear that all is required. Roll out the paste and form it into rings, have a basin of boiling water, and drop the rings into it. Take them out as they rise on the water ; drain on a napkin placed on a sieve ; bake them in a slow oven, take out, coat with white of egg, and just let them dry in the oven.

### Queen's Cakes.

1½ lbs. flour (Hungarian) ;  
1 lb. butter ;  
1 lb. sugar ;  
12 eggs ;  
¼ lb. currants ;  
The zest of 2 lemons.

Rub the butter to a cream, add the sugar and the zest of the lemons. Whisk this mixture for fifteen minutes, then work in 3 eggs well beaten, and let the paste rest for five minutes, and proceed in the same way till all the eggs are worked in. Then mix in the

currants, lastly the flour, stirring for several minutes. Make into cakes the size of a half-crown. Bake in a hot oven, placing some folded paper under them.

### Gingerbread.

1  $\frac{3}{4}$  lbs. flour ;

1  $\frac{1}{2}$  lbs. treacle ;

$\frac{1}{2}$  oz. powdered ginger ;

$\frac{1}{2}$  lb. butter ;

The peel of 1 lemon pounded.

Mix well together, and let it stand in a warm place for two or three hours. Divide into three parts, lay one piece at a time on the pastry board well floured. Roll and rub till it is no thicker than a crown piece ; butter your baking-tin, lay each piece on it, and bake in a quick oven.

### Fruit Gingerbread Cake.

5 teacupsful flour ;

1 „ treacle ;

1 „ sugar ;

1 „ melted butter ;

$\frac{1}{2}$  lb. raisins ;

$\frac{1}{2}$  lb. currants ;

$\frac{1}{2}$  lb. peel ;

$\frac{1}{2}$  lb. ginger ;

1 teaspoonful coriander seed ;

1 tablespoonful caraway seed ;

2 tablespoonsful vinegar ;

1 teaspoonful carbonate of soda.

Warm the treacle and butter, then mix with the other

ingredients, and bake in a mould in a slow oven for an hour and a half.

### Gingerbread Nuts.

The proportions are :

- $\frac{1}{2}$  lb. butter ;
- $\frac{1}{4}$  lb. coarse sugar ;
- $1\frac{1}{2}$  lbs. treacle ;
- $1\frac{1}{2}$  lbs. flour ;
- $1\frac{1}{2}$  ozs. powdered ginger.

Mix well together into a smooth paste. Cut into discs about  $1\frac{1}{2}$  inches in diameter, and bake on a buttered tin.

### Thick Gingerbread.

- 1 lb. treacle ;
- $\frac{1}{2}$  lb. butter ;
- $\frac{1}{2}$  lb. raw sugar ;

Melt over the fire ; let it cool, then add

- 1 lb. flour ;
- 2 ozs. ground ginger ;
- 1 oz. caraway seeds ;
- $\frac{1}{2}$  lb. citron ;
- A dessert-spoonful carbonate of soda ;
- 4 eggs, well beaten.

To be baked in a moderately hot oven.

(The above recipe was given to a friend by Mrs. Joanna Baillie.)

**Scones.**

(Ross-shire.)

Flour, butter, milk, equal quantities, thoroughly mixed, rolled thin, cut into rounds, and baked on a girdle for fifteen to twenty minutes.

**Scones.**

(Sir Henry Thompson.)

2 lbs. whole meal flour ;  
 $\frac{1}{2}$  lb. fine flour ;  
A pinch of salt ;  
2 ozs. butter ;  
Some Yeatman's yeast powder ;  
Milk, or buttermilk ; or milk and water.

Mix and work together. Make into flat cakes. Bake in a quick oven till the surface looks done, and let them finish at a lower temperature in front of the fire or on the girdle ; to be half an inch thick when cooked.

**Scones.**

Cream scones may be made with either white or brown flour. They must be baked on a girdle.

Heat half a pint of good cream, and when it comes to the boil dredge in the flour, till you have a thickish paste ; stir carefully all the time. Season with a little salt. Turn the paste out on a floured board ; roll to the thickness of a quarter of an inch ; cut with a circular cutter. The girdle must be heated meanwhile over a clear red fire. Lay the scones on the girdle, turn when done on one side, and bake the other.



Five minutes ought to do each side, as they are to be *limp*, not crisp. Serve in a napkin, so folded as to keep in the heat. Enough for four persons.

### Crisp Brown Scones.

Use brown bread flour for these scones, which are best when made with cream. In default of cream use milk, and add a little butter to give richness. Season with salt. Warm the cream, and as it warms dredge in the flour, and stir as if to make porridge. Keep stirring till the mixture is a smooth paste. Roll out on a floured board, cut into circles as is directed in water scones, and bake on the girdle. These scones are to be crisp; the colour a rich brown, but they must not be allowed to get dark by too great heat.

### Plain Water Scones.

Put a small quantity of white flour in a basin, and knead it into a paste with *boiling* water. Work it well with the hand so that the paste is perfectly smooth. Roll out this paste on a floured board to the thickness of a quarter of an inch, and cut with a circular cutter (or a tumbler), allowing three scones to each guest. Bake on an iron girdle. As soon as one side has set, turn, and let the other bake. About five minutes is enough to bake these scones, as they are to be limp and tender. Fold a napkin, so that the heap of scones can be placed inside (like chestnuts), and serve at once.

### Water Scones.

Water scones should be made with white flour.

Mix in a basin flour and butter, in the proportion of a walnut of butter to  $\frac{1}{2}$  lb. of flour, work them well together. Season with salt ; if the butter is salt, that may be seasoning enough. Pour in boiling water enough to make a paste. Turn out on the board, work well with the hand ; then roll out rather less than a quarter of an inch thick, cut into circular cakes. Bake on the girdle.

Barleymeal scones made in the same way are a pleasing variety.

### Cocked Hats.

$\frac{1}{2}$  lb flour ;

$\frac{1}{4}$  lb. butter ;

A pinch salt ;

1 teaspoonful carbonate of soda ;

Buttermilk, or new milk just warmed.

Rub the butter, salt, and soda well into the flour, and then beat it up with the tepid milk. Roll into paste a quarter of an inch thick, cut into three-cornered pieces (about a four-inch square, cut in two from corner to corner), and bake in a moderately hot oven for a quarter of an hour, or till done.

### Girdle Cakes.

(American Recipe.)

Beat 2 eggs, yolk and white, into some warm milk ; add 1 pint of Indian corn meal, and mix it well with a spoon ; there must be enough milk to

enable the whole to be poured out of the saucepan on to the girdle ; add a spoonful of wheat flour, and lard or butter the size of a walnut. The girdle is a flat round iron of any size, standing on three legs. It must not be made very hot, or it will burn the cakes ; it must be perfectly clean and greased while warm, so that the cakes may be easily turned and done brown on both sides. The batter is usually poured from the saucepan on to the girdle until it spreads to the size of the bottom of a breakfast plate for each cake.

### **Indian Meal Breakfast Cakes.**

Pour boiling water into a quart of Indian corn meal. Stir it until it is a paste, add two well-beaten eggs, and milk enough to make it a thick batter ; add a little salt. Butter some square tin pans ; fill them two-thirds full, and bake in a quick oven. When done, cut in squares, and serve hot.

## CHAPTER XXXI.

*COOKERY FOR INVALIDS.***Beef Tea.**

TAKE equal weights of the best gravy beef and of cold water.

Cut the meat into pieces about an inch square. Let them soak in the cold water for an hour, then place in a jar in the oven, which must be moderately hot, for half an hour.

**Beef Tea No. 2.**

1 lb. of quite fresh (that is, newly killed) beef, the part which is called gravy beef ;

5 drops muriatic acid ;

A pinch of salt ;

1 pint cold water.

Cut the beef into small pieces, and let it soak in the water, into which the acid and salt have been stirred, till all the juice of the beef is extracted. Strain the liquid through muslin, and serve in a coloured wine-glass. It should be made fresh every day.

**Liebig's Extractum Carnis.**

The proportion is about one ounce of the extractum to two quarts of water.

It must never be boiled, but stirred into boiling water.

For delicate stomachs it is more nourishing when mixed with arrowroot, sago, tapioca, or vermicelli.

These additions are to be cooked in water and seasoned with salt and pepper if allowed, and the extract must be stirred in when the arrowroot or other farina is boiling hot.

Liebig's extractum must always be used in quantities below rather than above the mark, or a coarse, bitter flavour is apparent.

**Meat Teas and Drinks.**

1  $\frac{1}{2}$  lbs. mutton, veal, or beef free from fat gristle, or bone ;

1 quart cold water ;

2 ozs. rice ;

Salt to taste.

Simmer four hours ; strain ; serve a small quantity at a time.

**Meat Teas and Drinks No. 2.**

1 lb. gravy beef, minced fine ;

1  $\frac{1}{2}$  pints cold water.

Place in an earthen jar in the oven for three hours ; strain through muslin.

**Meat Teas and Drinks No. 3.**

1 lb. mutton ;  
1 lb. veal ;  
Half a chicken, the bones to be broken ;  
1 calf's foot ;  
2 quarts water ;  
Pepper and salt to taste.  
Simmer till a jelly.

**Cold Beef Tea.**

One ounce Liebig's extract is to be stirred into four pints of boiling water. It is to be allowed to grow cold, or even to be chilled with ice.

**A Nourishing Drink.**

3 ozs. brandy ;  
5 ozs. water ;  
3 eggs ;  
are to be stirred together, and a teaspoonful at a time to be given to the patient.

**A Nourishing Drink No. 2.**

Two wine-glasses of sherry or madeira are to be stirred into half a pint of boiling milk. The mixture is to be strained through a silk sieve, so as to get rid of the curd.

### Veal Broth.

Take two pounds of *perfectly* lean veal ; cut off any morsel of fat remaining. Take  $\frac{1}{4}$  lb. of pearl barley, and after having cut the meat up very small and thin (not chopped it), boil it and the barley together for two or three hours till it becomes a sort of pulpy mass. Rub this through a hair sieve, and season with a little salt.

It is light and nourishing, and very easy of digestion.

### Chicken Jelly.

Use an old hen, or if the white parts of young chickens have been used for entrées, the legs can be reserved for chicken jelly.

Boil slowly in a small quantity of water, putting on in cold water—one pint of water if a whole chicken is used.

An hour after the saucepan or bain-marie has been on the fire, take it off, slip out the bones, crush or pound and return them to the broth, and let it simmer slowly for an hour and a half ; season with salt and a little white pepper, strain through muslin after passing through a colander, and if it is to be eaten cold pour into a mould or a shallow china dish ; send the jelly up on a napkin with a garnish of parsley or watercress. This is a very agreeable dish if the state of the teeth and gums requires soft food, and the preparations of broth and soup are not liked. The jelly is strong enough to keep any shape, and might

be cut into croûtons if liked. A little grated tongue or ham may be sent up with chicken jelly.

### **Mutton Cutlets à la Victime.**

Trim one of three cutlets neatly, and allow the two others to project a little beyond the trimmed cutlet which is to be placed between the other two ; tie them together, and grill the triplet, taking care to turn it with the cutlet tongs, or, if a hanging gridiron, in the usual way, so that all the gravy is concentrated, and that the middle cutlet receives it all. Then remove the outside cutlets, which may be used by the stronger digestions, while the delicate and juicy cutlet is served to the invalid.

When a very small quantity of mutton, minced very fine, is ordered for a patient, this is the best way of preparing the meat before mincing.

### **Tapioca and Cream.**

Boil the tapioca in milk till it is quite soft all through, flavour with sugar and vanille (if approved); let it get cold, and then break it up and work in half a pint of whipped cream.

Sago or rice may be used instead of tapioca.

### **Chocolate.**

Begin by purchasing chocolate which is not loaded with flour or sugar ; it costs more money to buy, but is cheaper than those kinds which are only chocolate in part. An ounce of chocolate is to be dissolved in a



teacup and a half of water, and boiled down to a teacup ; stir in half a teacupful of milk or cream, warm, but do not boil, and serve.

### Chocolate No. 2.

Take a tablet of chocolate for each cup. Break the tablet in two pieces, put it into a cup, and pour on it enough boiling water or milk to cover the pieces ; leave it alone, off the fire, about five minutes, or long enough to become thoroughly soaked. Now pour off the superfluous liquid and mash the chocolate into a soft pulp ; then turn the whole into the saucepan of boiling water or milk on the fire, and five or six minutes' boiling will be sufficient. It need not be stirred much while on the fire, as the chocolate, being completely dissolved, will not stick to the bottom of the saucepan. After the five or six minutes' boiling, it may stand eight or ten minutes *near* the fire, to get mellow. Milk or water is used according to taste.

A silver, porcelain, or earthenware saucepan will do, or even a copper one well tinned ; but tin and iron saucepans, or any utensils employed for the ordinary uses of the kitchen, ought not to be used, as they may give the chocolate a bad flavour. The stirring may be done with a wooden spoon. Chocolate is not a mere infusion, like tea, but rather a fine and delicate sort of vegetable broth or soup, at once a cheering drink and nourishing food.

**Chocolate No. 3.**

French Mode.

2 cups boiling water ;  
1 cup scraped chocolate ;

Use a silver saucepan, stir in the chocolate as the water boils, stir till quite smooth.

Add two cups of milk, reduce by simmering, and then serve.

German Mode.

$\frac{1}{4}$  lb. chocolate ;  
1 quart milk ;  
3 yolks of eggs.

Grate the chocolate, stir in boiling milk and boil for ten minutes ; stir in the eggs, pour into little china cups, and let them set.

**Panada.**

Steep the crumb of some stale bread in hot water till it has soaked up all the water, then simmer in a little more water and pass through a tamis.

Make a thin custard with new milk and yolk of egg, and mix with the panada, which may be eaten hot or cold.

If eggs are not to be used, stir in a little butter after the panada is made and whilst it is hot, but do not let the butter go on the fire.

Rusks may be used instead of bread crumbs, or toasted bread.

### Toast or Bread Jelly.

Dissolve toast or bread crumbs in boiling water, and pass through a tamis.

If liked, add a tablespoonful of brandy and the yolk of an egg beaten up in hot water.

### Dry Toast.

Bread used for making toast should be two days old. The thickness should never be such as to leave a raw bread interval between the toasted sides.

Sometimes an invalid desires toast as thin as a wafer. For ordinary breakfast use, toast should be rather less than half an inch thick when toasted ; it should not be made before wanted ; each piece must be placed in the rack as soon as it is done, and the colour must be uniform over the whole piece, a golden brown.

### Barley Water.

1 lb. pearl barley ;

$\frac{1}{4}$  lb. sugar ;

4 lemons.

Wash the barley thoroughly ; to do so, use at least four waters.

Peel the lemons as thin as possible ; put the peel, the sugar, and the barley in four quarts of cold water, let the saucepan come to the boil, and let it continue at the boil for ten minutes. Take care the heat does not go beyond boiling-point, or the barley water will become thick. Squeeze the juice of the four

lemons into a large basin, taking care not to drop in any pips. Strain the barley water through a hair sieve into the basin, which must have a lip ; let it get cold ; pour off into a jug, taking care not to disturb the deposit, which is not to be used.

### **A Restorative.**

Two eggs with the shells broken up small, the juice of one lemon put over the top to cover the shell. Let it stand till the egg-shells are dissolved, beat up, add sugar to taste, and one tablespoonful of brandy.

Take two tablespoonsful at a time.

### **Hen's Milk.**

Beat up two yolks of fresh eggs with one ounce of powdered sugar, and enough orange-flower water to turn the yolks white ; then stir in a cup of boiling water, and serve immediately.

### **Hen's Milk No. 2.**

The yolks of 3 eggs ;

5 ozs. boiling water ;

If allowed, 3 ounces brandy.

### **White Wine Whey**

A large wine-glass of sherry is to be stirred into half a pint of milk, heated to the point at which it is done for cheese—below boiling-point ; as soon as the milk is turned strain off the curd.

### Digested Milk.

A pint of milk or of well-boiled gruel is to be added *while boiling* to an equal quantity of cold milk. This gives the temperature for artificial digestion.

Add first thirty grains of carbonate of soda.

Then  $1\frac{1}{2}$  teaspoonsful of Liq. Pancreaticus.—  
(*Benson.*)

The whole to stand for three hours maintained at the same temperature ; finally boil well.

Drink a large wine-glass at a time.

This preparation will not keep longer than twenty-four to thirty hours, but when koumiss is not obtainable digested milk is a substitute.

### Syrup of Gum.

Take 4 ozs. of pure white gum, wash it carefully, let it stand in a pint of water till it is dissolved, strain through linen, wringing so as to waste none of the gum. Dissolve 1 lb. of sugar in water, flavour with orange-flower water, mix with the gum water, and bottle for use.

### Lemonade.

A quart of lemonade requires 6 lemons if they are ripe and juicy, or 8 if not juicy.

Begin by rubbing the outside of two lemons with knobs of white sugar to imbibe the zest, squeeze the juice out of all the lemons, after carefully picking out the pips, and strain through a silk sieve, mix the sugar, the lemon juice, and rather less than a quart of boiling water. Add sugar syrup to taste. A little syrup of gum is an agreeable addition.

## CHAPTER XXXII.

## MENUS.

THESE menus are taken from actual dinners, at which either the company or the cookery—generally both—were excellent. The order of the dishes differs according to whether the house was English or foreign.

It should be explained that there are many dishes among these menus for which no recipes are given ; in some cases because the dishes are too complicated to be attempted in any house where there is not a French *chef*, whilst in other dishes the names are freaks of fancy on the part of the hosts.

An entrée dish contains rations for six or eight persons, therefore double or quadruple entrées, according to the number of the guests, must be ordered.

Plainly dressed vegetables of three or four kinds are handed round in English houses with the principal joint: these are not given in the menus. Salad is handed round with ham or with the ‘roast ;’ cheese and oatcake or biscuits after the ‘entremets ;’ as the preliminary to dessert a cream and a water ice are provided when the dinner is on the scale of most of these menus.

At very elaborate dinners punch à la Romaine is

handed round between the serving the relevés and the roast ; it is intended to stimulate the flagging appetite.

The menus are arranged according to the months of the year, and the general accordance of fruits, vegetables, game, &c., with the seasons. French cooks ignore the seasons, and compose dinners only to be obtained by using tinned (or canned) provisions. A more correct taste would select the fruits of the earth in due season, and only strive to obtain first-rate quality, not rarity purchased above its value, or meats deteriorated by the process of preserving.

As many of the menus are written in French, and as dishes, like dresses, are considered to have more distinction when made in Paris, it may be not without use to explain some of those names which are given to their dishes by French cooks.

Some of these names are taken from those towns or provinces of France which produce the ingredients of the dish, or give them the greatest prominence.

Crécy grows the best carrots. Brittany has a monopoly of turnips. The southern cities of France are famed for truffles, and for dishes seasoned with truffles. Garlic has a flavour popular in Provence as well as in Spain, and may therefore be suspected in dishes ‘à la Provençale.’

More than one sauce bears the name of a Marshal of France—Uxelles, Villeroi, Soubise—under Louis XIV. The second wife of that monarch gives her name to a cutlet, ‘à la Maintenon ;’ and the favourite of Louis XV., Madame de Pompadour, was served with ‘bouchées,’ now called after her.

Sometimes, as in 'sauce Robert,' it is the real contriver of a flavour—the cook Robert, praised by Rabelais, who gives the name ; sometimes a gastronome, like Béchamel, desires that posterity shall remember him.

St. Hubert presides over game as he does over field sports. Ste. Ménehould has the knack of suggesting a sauce, which Louis XVI. to his cost must stop at Varennes to taste.

More modern names, too, are found in menus—Talleyrand and Chateaubriand ; names from Russia—Nesselrode, Demidoff, Pahlen ; and there is the excellent dish called after Napoleon's battle 'à la Marengo.'

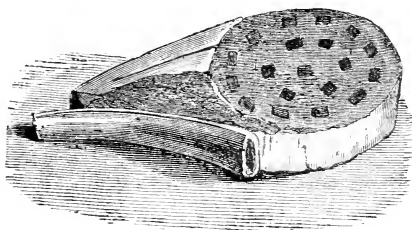
M. de Cussy, who when young had been patronised by Marie Antoinette, and who in later years was about the court of Marie Louise, failed to obtain a small place under Louis XVIII. till the discriminating monarch was told that the mixture of strawberries, cream, and champagne which possesses such a refined flavour was the creation of the aged gastronome.

Purée of carrots	is called à la Crécy
Purée of turnips	„ à la Bretonne
Purée of green peas	„ à la d'Artois
Purée of red haricots	„ à la Condé
Purée of white haricots	„ à la Dustan
Purée of lentils	„ à la Chantilly
Purée of onions	„ à la Soubise

Trout, carp, salmon, and pike, à la Chambord, are highly artificial dishes, with truffles and mushrooms disguising the taste of the fish.



Veal cutlets studded with truffles and tongue are called 'à la Dreux.'



Dishes garnished with macaroni are 'à la milanaise.' Parmesan cheese gives the epithet 'au Parmesan.'

'Potage Parmentier' is made with potatoes, which were introduced into France by M. Parmentier.

'Potage Xavier' is a clear pale soup with threads of vegetables floating in it.

'Potage à la d'Esclignac' must have a floating garnish of turnips.

'Patties à la Montglas' contain a mixture of *foie gras* and truffles.

Garnish 'aux trois filets' means fillets of truffle, tongue, and chicken in equal quantities and of the same size.

'Aux trois racines' means carrots, turnips, and celery.

'Chipolata,' little home-made sausages used as an addition to an entrée.

'Chateaubriand' may be a sauce, a beefsteak, or a sweet dish.

Fricassée of chicken 'à la chevalière' is a very elaborate dish in flavour and arrangement.

The epithet 'à la maréchale' is given to fillets of pork, of roe deer, of chicken, of sweetbread, or whiting 'boudins.' Breadcrumbs and eggs, and broiling in each case are the distinctive points.

Entrées 'à la Cardinal' imply a garnish of either tongue or lobster to give a red colour.

St. Florentin is patron of a rolled loin of beef, roasted in a paper coat, glazed before coming to table, and accompanied by a 'sauce Robert,' *i.e.* a French version of sirloin and radish sauce.

The expression 'à la Joinville' implies a garnish of truffles and crayfish.

'A la Chasseur' is said of the presence of game, or of a game flavour.

'A la Vénitienne' describes the refined form of parsley and butter sauce with a squeeze of lemon.

'A la Nivernaise' alludes to a garnish of carrots cut to the shape of olives.

'A la Financière' will have a large admixture of cockscombs.

When Bordeaux wine is put into the sauce, it is called 'à la Bordelaise.'

Beignets of peaches are called à la Royale

„	strawberries	„	à la Dauphine
„	currants	„	à la Dauphine
„	apricots	„	à la Chartres
„	apples	„	pommes d'api à la d'Orléans

Rice à la Créole, *i.e.* fried after being boiled.

Gâteau à la Gênoise contains almonds.

Sicilienne a sweet dish iced.

Napolitaine, a sweet dish, also a fillet of beef dish. Iced puddings are called à la Nesselrode.

Whilst the French cook shows his skill in dealing with the productions of France, he studies the characteristic dishes of other lands; thus a salmon cutlet 'à l'Américaine,' a 'timbale à la Milanaise,' a 'casserole à la Polonaise,' are better dressed in Paris than in the countries to which they belong. But we are not writing a book on the history of dishes, merely a modest manual for English housewives.

In writing out or printing a menu for an elaborate dinner, or for a distinguished circle of guests, it is the practice sometimes to introduce old dishes under new names, so as to pique curiosity or to point a compliment. These names may surprise, they must not mislead the guests, and they must be rather of the nature of superfluous epithets than allowed to take the place of the matter-of-fact statement of the dish. On a birthday the pudding would be 'à la Géraldine' or 'à la Edouard.' For a soldier the curry might be 'à la Candahar.'

'Crème de volaille à la Cavendish,' 'salmis à la Cecil,' might be suitable at a political gathering, but it is on the whole better taste not to be personal, and to write in a menu the description of a dish which is best known. To the objection that menus for English dinners should not be written in a foreign language we can only reply that the English words at our command do not admit of the 'bill of fare' being written in the vernacular.

## January.

<i>Potage</i> .....	Aux trois racines
<i>Poisson</i> .....	Maquereaux à la maître d'hôtel
<i>Entrées</i> .....	{ Croustades à la princesse
	{ Filets de faisans au fumet
<i>Relevés</i> .....	{ Poulets aux huîtres
	{ Aloyau à la broche
<i>Rôt</i> .....	Canards sauvages
<i>Légume</i> .....	Céleri au jus
<i>Entremets</i> ...	{ Mayonnaise de filets de soles
	{ Gelée d'abricots
	{ Pouding Nesselrode

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<i>Potages</i> .....	{ Tortue claire
	{ Purée à la royale
<i>Poissons</i> .....	{ Turbot, sauce homard
	{ Saumon, sauce Italienne
<i>Entrées</i> .....	{ Côtelettes d'agneau aux concombres
	{ Alouettes à la Périgord
	{ Suprême à la bonne-femme
<i>Relevés</i> .....	{ Cochon de lait
	{ Selle de mouton
<i>Rôts</i> .....	{ Faisans au jus
	{ Bécasses
	Buisson d'écrevisse et homard
<i>Légumes</i> .....	{ Petits pois à la Française
	{ Céleri au jus
<i>Entremets</i> ...	{ Napolitaine à la crème
	{ Tartelettes de rhubarbe
	{ Gelée aux mandarins
<i>Relevés</i> .....	{ Macaroni à la Napolitaine
	{ Ramequins au fromage
	{ Tartines de caviar

# January.

<i>Potages</i> .....	{ Consommé à la Sévigné Bisque d'écrevisses
<i>Poissons</i> .....	{ Saumon, sauce Châlons Filets de soles à la Régence
<i>Entrées</i> .....	{ Mauviettes à la Princesse Filets de volaille à la Talleyrand Côtelettes d'agneau aux pointes d'asperges
<i>Relevés</i> .....	{ Filet de bœuf à la Moldave Poulardes à l'Anglaise
<i>Rôt</i> .....	Bécasses
<i>Légumes</i> .....	{ Fonds d'artichauts farcis Petits pois à la Française
<i>Entremets</i> ...	{ Croustades de poires à la Bordelaise Timbale à la Montmorency Petits pains au Parmesan

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<i>Potages</i> .....	{ Bisque d'écrevisses à la Parisienne Consommé de volaille aux quenelles
<i>Poisson</i> .....	Turbot, sauce Hollandaise Filet de bœuf à la Portugaise
<i>Entrées</i> .....	{ Petites timbales à la Milanaise Suprêmes de filets de poulets aux truffes Salade de homard, bord d'aspic Punch à la romaine
<i>Rôt</i> .....	Grouse
<i>Entremets</i> ...	{ Petits pois à l'Allemande Gâteaux Napolitains garnis de fruits Parfait au chocolat

## January.

2 <i>Potages</i> ...	{ Au consommé Crème d'orge	<i>Vins.</i> Madère—Xérès
2 <i>Relevés</i> ...	{ Filets de soles à la Joinville Poulardes à la Toulouse	Champagne
2 <i>Entrées doubles</i>	{ Vol-au-vent de quenelles à la Béchamel Côtelettes d'agneau à la Provençale	Sillery rouge
<i>Relevé d'entrées</i>	{ Quartier de chevreuil rôti, sauce poivrade Punch à la Romaine	
2 <i>Rôts</i> .....	{ Canetons Perdreux	Château Margaux
4 <i>Entremets</i>	{ Haricots verts à la maître d'hôtel Chicorée à l'Allemande Gelée de noyau garnie de pistaches Savarin, sauce à l'abricot	
<i>Dessert</i> .....	{ Fromage ; Compotes, petits fours, &c. Glace au chocolat.	Porto. Xérès, Madère, Ch. Margaux, Malaga

<i>Potage</i> .....	Consommé printanier à la Royale
<i>Hors d'œuvre</i>	Les croustades à la Reine
<i>Relevés</i> .....	{ Le turbot, sauce homard Les quartiers de chevreuil, sauces poivrade et groseille
<i>Entrées</i> .....	{ Les côtelettes d'agneau, purée de marrons Les poulardes à la Godard Les aspics de foie gras en belle vue Sorbets au kirsch
<i>Rôt</i> .....	Les faisans truffés, garnis de bécassines
<i>Entremets</i> ..	{ Les cardons à la moëlle Les haricots verts à l'Anglaise Les babas glacés à l'anisette Les madeleines glacées à l'ananas

February.

<i>Potages</i> .....	{	Julienne
	{	Purée d'orge à la Reine
<i>Poissons</i> .....	{	Filets de merlan à la ravigote
	{	Saumon, sauce persil
<i>Entrées</i> .....	{	Rissoles aux huîtres
	{	Boudins de volaille aux truffes
	{	Côtelettes d'agneau en belle vue
<i>Relevés</i> .....	{	Chapons à la financière
	{	Jambon d'York
	{	Selle de mouton
	{	Punch à la Romaine
<i>Rôts</i> .....	{	Canetons
	{	Pluviers
<i>Légumes</i> .....	{	Pommes de terre, maître d'hôtel
	{	Epinards aux croûtons
	{	Pain d'oranges
<i>Entremets</i> ...	{	Chartreuse à la Pomone
	{	Pouding glacé à l'Alexandrie
	{	Savarin au rhum
	{	Biscuits Gruyère

<i>Potages</i> .....	{	Bisque de ramiers à la chasseur
	{	Consommé de volaille à la Colbert
<i>Poissons</i> .....	{	Saumon de Glo'ster, garni de bouchées
	{	Filets de merlans à l'Italienne
<i>Entrées</i> .....	{	Suprême de pintades aux champignons
	{	Côtelettes d'agneau aux pommes de terre sautées
	{	Chaudfroid de mauviettes à l'aspic
<i>Relevés</i> . ....	{	Dindonneaux à la Lyonnaise
	{	Langues de bœuf
	{	Gigot de venaison à la Française
	{	Punch à la Romaine
<i>Rôts</i> .....	{	Faisans
	{	Bécasses
<i>Légume</i> .....	{	Haricots flageolets, maître d'hôtel
<i>Entremets</i> ...	{	Gâteau Compiègne
	{	Pains d'ananas à la Reine
	{	Talmouses au parmesan

## February.

<i>Potages</i> .....	{ Printanier à la Royale
	{ Purée de gibier à la Princesse
<i>Poissons</i> .....	{ Les tranches de saumon, sauces homard et Hol-
	{ landaise
	{ Les filets de merlans à la Dieppoise
	{ Les poulets découpés à la jardinière
<i>Entrées</i> .....	{ Les côtelettes d'agneau panées aux pointes d'asperge
	{ Les timbales de foie gras en aspic
	{ Les faisans à la Périgord
<i>Relevés</i> .....	{ Le jambon au Madère
	{ La selle de mouton à la duchesse
	{ Hanche de venaison
<i>Rôts</i> .....	{ Les sarcelles à la Bigarade
	{ Les huîtres au gratin
<i>Légumes</i> .....	{ Les petits pois à la Française
	{ Les épinards à l'Espagnole
	{ Les compières aux cerises
<i>Entremets</i> ...	{ Les gelées mosaïques à la moderne
	{ Les pêches au riz à l'impériale
	{ Les canapés aux anchois

<i>Potage</i> .....	A la bonne femme
<i>Poisson</i> .....	Cabillaud grillé, sauce homard
<i>Entrée</i> .....	Les filets de bœuf aux épinards
<i>Relevés</i> .....	{ Les poulets à la macédoine
	{ La selle de mouton 'laver'
<i>Rôt</i> .....	Les bécassines
<i>Légume</i> .....	Les asperges en branches
<i>Entremet</i> ...	{ L'aspic de foie gras
	{ La tarte aux pommes
	{ La Charlotte russe



February.

<i>Potages</i> .....	{ Bisque de gibier à la Régence Consommé à la crème de volaille
<i>Poissons</i> .....	{ 'Water souché' de truites Filets de sole à la Vénitienne
<i>Entrées</i> .....	{ Filets de bécassines aux croûtes Côtelettes à la d'Orléans
<i>Relevés</i> .....	{ Dindon à l'estragon, au demi-glace Quartier d'agneau
<i>Rôts</i> .....	{ Mauviettes Canards sauvages
<i>Légume</i> .....	Truffes de Périgord à la serviette
<i>Entremets</i> ...	{ Pouding au marrons Plombière d'abricots au curaçao Croûtons à l'Allemande

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<i>Potages</i> .....	{ Consommé aux pointes d'asperge Purée de lièvre
<i>Poisson</i> .....	Turbot, sauce Hollandaise
<i>Entrées</i> .....	{ Compote de pigeons Soufflés à la Reine
<i>Relevés</i> .....	{ Gigot de chevreuil, sauce poivrade Mayonnaise de homard
<i>Rôts</i> .....	{ Poulardes Cailles
<i>Légume</i> .....	Haricots verts
<i>Entremets</i> ...	{ Baba aux fruits Riz à l'Impératrice

## March.

<i>Potages</i> .....	{ Bisque
	{ Consommé à la Lamartine
<i>Poissons</i> .....	{ Filets de soles en souché
	{ Saumon de Christchurch
<i>Entrées</i> .....	{ Timbales à la Poitiers
	{ Côtelettes de mouton grillées
	{ Fricandeau à la Flamande
<i>Relevés</i> .....	{ Quartier d'agneau
	{ Jambon à l'aspic
<i>Rôt</i> .....	{ Poulardes de Surrey
<i>Légume</i> .....	{ Petits pois au naturel
	{ Mayonnaise Napolitaine
	{ Gelée à la bombe de Tanger
<i>Entremets</i> ...	{ Vol-au-vent à la Florentine
	{ Plombière à la Dubarry
	{ Crèmes au parmesan

<i>Potages</i> .....	{ Consommé à la Xavier
	{ Purée de volaille à la Reine
<i>Poissons</i> .....	{ Truites, sauces verte et Génoise
	{ Filets de sole à la diplomate
<i>Entrées</i> .....	{ Ris d'agneau à l'Allemande
	{ Filets de pigeons à la Strabane
<i>Relevé</i> .....	{ Selle de mouton
<i>Entr'acte</i> ...	{ Les aspics à l'arlequin
<i>Rôt</i> .....	{ Les cailles bardées
<i>Légume</i> .....	{ Les truffes à la serviette
	{ Les babas à la sauce problématique
<i>Entremets</i> ...	{ Les chartreuses à la Cintra
	{ Les crèmes de fromage

March.

<i>Potages</i> .....	{ Consommé à la châtelaine Tortue fausse
<i>Poissons</i> .....	{ Turbots, sauce Hollandaise Eperlans, sauce anchois
<i>Entrées</i> .....	{ Petites bouchées à la Dieppoise Salmis de pluviers à l'essence, aux truffes Filets de chevreuil à la Parisienne
<i>Relevés</i> .....	{ Chapons à la macédoine Langues de bœuf Quartiers d'agneau Selles de mouton
<i>Rôts</i> .....	{ Levrauts piqués Mauviettes bardées
<i>Légumes</i> .....	{ Mayonnaise de homards en belle vue Fonds d'artichauts farcis
<i>Entremets</i> ...	{ Abricots à la Condé Gâteau ambroisie au curaça Petits soufflés au moka

<i>Potages</i> .....	{ Consommé aux quenelles Bagration
<i>Hors d'œuvre</i>	Les petites bouchées aux huîtres
<i>Poisson</i> .....	Le saumon à la Chambord
<i>Entrées</i> .....	{ La mayonnaise de homard Les suprêmes de volaille à l'écarlate
<i>Relevé</i> .....	Le rosbif garni de pommes de terre nouvelles
<i>Rôts</i> .....	{ Les canards sauvages La terrine de lièvre à la gelée
<i>Légumes</i> .....	{ Les pointes d'asperges aux petits pois Les cardons à la moëlle
<i>Entremets</i> ...	{ Les biscuits de Savoie à la vanille La glace au chocolat

## March.

<i>Potages</i> .....	{ Printanier à la duchesse
	{ Bisque de volaille à l'Allemande
<i>Poissons</i> .....	{ Les truites de Loch Leven à l'arlequin
	{ Les châtelons de merlan à la Rouennaise
<i>Entrées</i> .....	{ Les crépinettes à la Demidoff
	{ Les filets de cailles de Virginie à la Péruvienne
<i>Relevés</i> .....	{ Les chapons à la Toulouse
	{ Le quartier d'agneau
<i>Rôt</i> .....	{ Les pigeons de Bordeaux
<i>Légume</i> .....	{ Les truffes à la serviette
	{ Les pains de homard
<i>Entremets</i> ...	{ Les croques en bouches à la Brésilienne
	{ Les soufflés glacés à la sybille
	{ Les favorites au gruyère

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<i>Potages</i> .....	{ Consommé de volaille aux profiterolles
	{ Bisque de homard à la Russe
<i>Poissons</i> .....	{ Filets de saumon à la Châlons
	{ Turbot au vin de Chablis
<i>Entrées</i> .....	{ Filets de volaille à la Rachel
	{ Salmis de gibier, financière
<i>Relevés</i> .....	{ Selles de mouton
	{ Poulardes Napolitaines
<i>Rôts</i> .....	{ Sarcelles
	{ Mauviettes
	{ 'Marrow bones'
<i>Légume</i> .....	{ Asperges d'Argenteuil
	{ Brioches Allemandes
<i>Entremets</i> ...	{ Crème diplomate glacée
	{ Crème frite au parmesan

April.

<i>Potages</i> .....	{ Tortue claire Crème de riz
<i>Poissons</i> .....	{ Filets de saumon à la cardinal Turbot, sauce Hollandaise
<i>Entrées</i> .....	{ Boudins de volaille à la Bohémienne Côtelettes d'agneau aux petits pois
<i>Relevés</i> .....	{ Filets de bœuf à la Provençale Poulardes à la Régence
<i>Rôts</i> .....	{ Cailles bardées Chaudfroid de bécassines
<i>Légumes</i> .....	{ Asperges en branches Haricots verts
<i>Entremets</i> ...	{ Crème de vanille à la Mauresque Gâteau garni d'une glace aux fraises

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<i>Potages</i> .....	{ Consommé à l'Arctique Bonne-femme
<i>Poissons</i> .....	{ Filets de truite à la 'wastre fish' Soles au vin blanc
<i>Entrées</i> .....	{ Ris de veau à la maréchale Attelets à la Bordelaise
<i>Relevés</i> .....	{ Quartier d'agneau Poulets à la Nesle
<i>Rôt</i> .....	Pigeons de Bordeaux
<i>Légume</i> .....	Salade à la Marseillaise
<i>Entremets</i> ...	{ Croque en bouche à la Bayadère Mousse glacée d'ananas Favorites

### April.

<i>Potage</i> .....	Bonne-femme
<i>Poisson</i> .....	Filets de maquereaux à la maître d'hôtel
<i>Entrées</i> .....	{ Becaficos
	{ Côtelettes de mouton à la Soubise
<i>Rôt</i> .....	Pigeons
<i>Légume</i> .....	Champignons grillés
<i>Entremet</i> ...	Pain d'oranges à la Chantilly

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<i>Potages</i> .....	{ Tortue à l'Anglaise
	{ Consommé à la réforme
	{ Saumon, sauce homard
<i>Poissons</i> .....	{ Filets de rougets à la Dieppoise
	{ Whitebait
<i>Entrées</i> .....	{ Bouchées de levrauts à l'impériale
	{ Suprême de volaille aux pointes d'asperge
	{ Cailles truffées à la Périgord
<i>Relevés</i> .....	{ Filet de bœuf à la printanière
	{ Quartier d'agneau
	{ Canetons
<i>Rôts</i> .....	{ Jambon au vin
	{ Poulets
<i>Légumes</i> .....	{ Asperges en branches
	{ Foies gras à l'aspic
	{ Gelée aux fraises
<i>Entremets</i> ...	{ Tartelettes à la crème aux pêches
	{ Biscuits glacés à la vanille
	{ Gâteaux au fromage

April.

<i>Potage</i> .....	Consommé de volaille à la Princesse
<i>Hors d'œuvre</i>	Petites bouchées de crevettes
<i>Poissons</i> .....	{ Turbot garni, sauce homard
	{ Filet de bœuf Madère à la Godard
<i>Entrées</i> .....	{ Côtelettes de poulets nouveaux aux concombres
	{ Petits boudins de lapereaux à la Richelieu
	{ Pâtés de foie gras de Strasbourg à la gelée
	Punch à la Romaine
<i>Rôt</i> .....	Pintades rôties
<i>Entremets</i> ...	{ Asperges, sauce Hollandaise
	{ Gâteaux de Compiègne aux pêches
	{ Riz à l'impératrice garni d'une crème de fraises

<i>Potages</i> .....	{ A la d'Esclignac
	{ Crème de riz à la Victoria
<i>Poissons</i> .....	Saumon, sauces Tartar et persil
	Filets de sole à la cardinal
<i>Relevés</i> .....	{ Quartier d'agneau
	{ Jambon à l'Espagnole
	{ Hanche de venaison
<i>Rôts</i> .....	{ Poulardes au cresson
	{ Levrauts
<i>Légumes</i> .....	{ Haricots verts
	{ Champignons au gratin
	{ Œufs de pluviers à l'aspic
<i>Entremets</i> ...	{ Gelée de fruits
	{ Savarin d'orange
	{ D'Artois au parmesan

## May.

<i>Potages</i> .....	{	Consommé de volaille à la Colbert
	{	Purée d'asperge aux croûtons
<i>Poissons</i> .....	{	Turbot, sauce Hollandaise
	{	Côtelettes de saumon, sauce Genevoise
	{	Whitebait
<i>Entrées</i> .....	{	Croustades à la Montglas
	{	Suprême de volaille aux truffes
	{	Côtelettes d'agneau en belle vue
<i>Relevés</i> .....	{	Poulardes à la Périgieux
	{	Jambon au vin de Madère
	{	Selle de mouton
<i>Rôts</i> .....	{	Cailles aux feuilles de vigne
	{	Mayonnaise de homard
<i>Légumes</i> .....	{	Asperges, sauce Hollandaise
	{	Haricots verts, maître d'hôtel
<i>Entremets</i> ...	{	Gelées au marasquin
	{	Gâteaux à la Chantilly
	{	Brioques aux abricots
<i>Relevés</i> .....	{	Pailles au parmesan
	{	Canapés aux anchois

<i>Potages</i> .....	{	Consommé Geoffroi aux racines
	{	Purée à la Reine
<i>Poissons</i> .....	{	Souché aux limandes
	{	Filets de truites à la marinière
<i>Entrées</i> .....	{	Suprêmes de volaille à l'Andalouse
	{	Chaudfroid à la reine de Chypre
	{	Selle de mouton à la Portugaise
<i>Relevés</i> .....	{	Poulardes poêlées à la Godard
	{	Jambon d'York au Madère
<i>Rôts</i> .....	{	Cailles bardées aux feuilles de vigne
	{	Œufs de vanneau à la Moscovite
<i>Légume</i> .....	{	Asperges d'Argenteuil
<i>Entremets</i> ...	{	Gâteau aux mille fruits
	{	Melons glacés aux pistaches
	{	Cassolettes à l'Indienne



# May.

<i>Potage</i> .....	Crème de riz
<i>Hors d'œuvre</i>	Bouchées à la Montglas
<i>Poisson</i> .....	Truite saumonée à la Nantua
<i>Relevés</i> .....	{ Filet de bœuf aux tomates farcies, sauce Madère
	{ Filets de canetons à la Rouennaise
<i>Entrées</i> .....	Chaufroid de mauviettes
	Punch au kirsch
<i>Relevés</i> .....	{ Dindonneaux nouveaux au cresson
	{ Jambon de Bayonne
<i>Légume</i> .....	Asperges en branches
<i>Entremets</i> ...	Biscuits glacés

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<i>Potages</i> .....	{ Consommé à la Carlton
	{ Purée de riz à la crème
<i>Poissons</i> .....	{ Saumon à la Tartare
	{ Whitebait
<i>Entrées</i> .....	{ Timbales de macaroni, sauce suprême
	{ Côtelettes d'agneau en chaufroid
<i>Relevés</i> .....	{ Poulets à la jardinière
	{ Hanche de mouton
	{ Œufs de vanneau à l'aspic
<i>Entremets</i> ...	{ Pouding à la diplomate
	{ Gâteaux glacés
	{ Soufflé au parmesan

## May.

<i>Potage</i> .....	Consommé à la printanière
<i>Poisson</i> .....	Turbot, sauce Hollandaise
<i>Entrées</i> .....	{ Bouchées à la Hongroise
	{ Suprême de volaille
<i>Relevé</i> .....	Quartier d'agneau
<i>Rôt</i> .....	Pigeons de Bordeaux
<i>Légumes</i> .....	{ Asperges d'Argenteuil
	{ Œufs de vanneau au cresson
<i>Entremets</i> ...	{ Caramel en surprise
	{ Gâteau à la mille-feuilles
	{ Omelette au parmesan

<i>Potage</i> .....	A la Princesse
<i>Poisson</i> .....	Whitebait
<i>Relevé</i> .....	Rosbif garni
<i>Entrées</i> .....	{ Timbales de foie gras
	{ Canetons aux olives
<i>Rôt</i> .....	Poulets rôtis
<i>Entremets</i> ...	{ Asperges en branches
	{ Cardons à la moëlle
	{ Biscuits glacés à la Chantilly
	{ Parfaits de framboise

# June.

<i>Potages</i> .....	{ Tortue claire
	{ Purée de pois aux pointes d'asperge
<i>Poissons</i> .....	{ Filets de sole à l'Italienne
	{ Saumon en mayonnaise
	{ Pains de volaille aux truffes
<i>Entrées</i> .....	{ Côtelettes d'agneau à la duchesse
	{ Cailles à l'aspic
	{ Chapons braisés à la jardinière
<i>Relevés</i> .....	{ Jambon d'York
	{ Hanche de mouton
<i>Rôts</i> .....	{ Canetons
	{ Levraut
<i>Légumes</i> .....	{ Petits pois à la Parisienne
	{ Champignons au gratin
	{ Gelée au vin de Champagne
<i>Entremets</i> ...	{ Gâteau à la Princesse
	{ Soufflé au marasquin
	{ Croûtes aux olives

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<i>Potage</i> .....	A la Royale
<i>Hors d'œuvre</i>	Les petits pâtés aux truffes
<i>Relevés</i> .....	{ La truite, sauce aux crevettes
	{ Le rosbif à l'Anglaise
	{ Les côtelettes d'agneau garnies d'une macédoine
<i>Entrées</i> .....	{ Les filets de pigeons aux petits pois
	{ Les terrines de foie gras à la gelée
	Punch à la Romaine
<i>Rôt</i> .....	Les poulets au cresson
<i>Légumes</i> .....	{ Les fonds d'artichauts au jus
	{ Les haricots verts à l'Anglaise
<i>Entremets</i> ...	{ Le baba, sauce au Xérès
	{ La gelée au kirsch aux fraises

## June.

<i>Potages</i> .....	{ Consommé à la Princesse Purée à la Jean-Jacques Rousseau
<i>Poissons</i> .....	{ Saumon de Glo'ster, sauce Hollandaise Suprême de filets de soles à la Royale
<i>Entrées</i> .....	{ Croquettes de ris de veau à la Montglas Filets de volaille à la Nesle Côtelettes d'agneau à la Montmorency
<i>Relevés</i> .....	{ Poulets braisés à la jardinière Selle de mouton
<i>Rôts</i> .....	{ Canetons Cailles
<i>Légumes</i> .....	{ Petits pois à la Française Mayonnaise à la Bismarck Gelée aux fruits
<i>Entremets</i> ...	{ Chartreuse de fraises Petites bouchées à la Génoise aux cerises Pouding aux avelines glacées

<i>Potages</i> .....	{ Consommé à la Juvenal Purée de volaille à la Windsor
<i>Poissons</i> .....	{ Filets de maquereaux à l'Italienne Turbot, sauce maître d'hôtel
<i>Entrées</i> .....	{ Petites bouchées au Salpicon Grenadins de veau à la macédoine Quenelles de homard
<i>Relevés</i> .....	{ Poulardes à la jardinière Jambon au naturel Selle de mouton
<i>Rôts</i> .....	Canetons
<i>Légume</i> .....	Petits pois à la Française Chartreuse de pêches
<i>Entremets</i> ...	{ Crème au chocolat Gâteau Congrès aux fraises Plombière glacée

# June.

<i>Potage</i> .....	Consommé à la duchesse
<i>Poissons</i> .....	{ Saumon, sauce à l'eau au persil
	{ Whitebait
<i>Entrées</i> .....	{ Poulets à la Viennoise, sauce tartare
	{ Filets de bœuf, Béarnaise
<i>Relevés</i> .....	{ Hanche de mouton
	{ Jambon aux épinards
	{ Œufs farcis à la St-Honoré
	{ Crème aux fraises
<i>Entremets</i> ...	{ Baba au rhum
	{ Pailles au parmesan

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<i>Potages</i> .....	{ Consommé à la d'Orléans
	{ Bisque d'écrevisse
<i>Poissons</i> .....	{ Turbot, sauce Hollandaise
	{ Filets de sole à la d'Artois
<i>Entrées</i> .....	{ Côtelettes soufflées, purée de champignons
	{ Nectarine de foie gras en belle vue
<i>Relevés</i> .....	{ Hanche de venaison
	{ Gigot d'agneau
	{ Salade Demidoff
	{ Granit au champagne
<i>Rôts</i> .....	{ Pigeons au cresson
	{ Médaillons de homard
<i>Légumes</i> .....	{ Asperges en branches
	{ Petits pois à l'Anglaise
<i>Entremets</i> ...	{ Macédoine de fruits
	{ Savarin à la Française

## July.

<i>Potages</i> .....	{ Printanier à la renaissance
	{ Purée de concombres au vert-pré
<i>Poissons</i> .....	{ Turbot, sauce Hollandaise
	{ Truite saumonée à la Bordelaise
	{ Petits pâtés de homard à l'ancienne
<i>Entrées</i> ...	{ Ris de veau à la Romaine
	{ Côtelettes de cailles à la financière
	{ Chaudfroid de volaille en belle vue
	{ Hanches de mouton
<i>Relevé</i> .....	{ Chapons à l'estragon
	{ Langues de bœuf
	{ Jambon
	{ Punch au champagne
	{ Canetons au cresson
<i>Rôts</i> .....	{ Petits poulets, Reine
	{ Salade de filets de sole à la Vénitienne
<i>Légumes</i> .....	{ Fonds d'artichauts aux fines herbes
	{ Petits pois à l'Anglaise
	{ Fondants aux reine-Claude
<i>Entremets</i> ...	{ Macédoine de fruits des quatre saisons
	{ Crèmes frites au parmesan

<i>Potages</i> .....	{ Consommé, brunoise
	{ Purée de pois, St-Germain
<i>Poissons</i> .....	{ Truite, sauce matelote
	{ Filets de merlans à la Orly
<i>Entrées</i> .....	{ Timbales à la Talleyrand
	{ Mauviettes en belle vue
<i>Relevés</i> .....	{ Quartier d'agneau
	{ Salade Demidoff
	{ Granit au champagne
<i>Rôts</i> .....	{ Canetons
	{ Chaudfroid de volaille
<i>Légume</i> .....	{ Petits pois à l'Anglaise
<i>Entremets</i> ...	{ Suédoise d'abricots
	{ Timbales de gaufres à la Carlsbad

July.

<i>A whet' .....</i>	Anchovy butter
<i>Soup .....</i>	Midsummer soup
<i>Fish.....</i>	Turbot, sauce Hollandaise
<i>Entrées .....</i>	{ Lamb cutlets with cucumber Boudin of fowl en ragoût
<i>Rôts .....</i>	{ Spanish ham, Russian salad Quails and peas
<i>Entremets ...</i>	{ Omelette au curé Amber witch pudding Pain of damsons Pineapple ice
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<i>Potages .....</i>	{ D'orge liée aux croûtons Consommé à la Royale
<i>Hors d'œuvre</i>	Petites bouchées à la Reine
<i>Relevés .....</i>	{ Turbot, sauce Hollandaise Selle de mouton garnie à la duchesse
<i>Entrées .....</i>	{ Suprême de filets de volaille truffés Côtelettes d'agneau, sauce St. Germain Filets de venaison, poivrade Aspic de homard en belle vue
<i>Rôts.....</i>	{ Jambon d'York, chaud, aux épinards Ortolans garnis de croûtons
<i>Légumes .....</i>	{ Haricots verts Champignons, Provençale
<i>Entremets ...</i>	{ Bavarois à l'ambassadrice Glace à l'ananas Baba au rhum

## July.

<i>Potages</i> .....	{ Consommé à la Dauphine
	{ Purée de pois aux croûtons
<i>Poissons</i> .....	{ Saumon froid à la Tartare
	{ Filets de soles à la Orly
<i>Entrées</i> .....	{ Côtelettes d'agneau aux haricots verts
	{ Chaudfroid de filets de volaille
<i>Relevés</i> .....	{ Canetons braisés aux petits pois
	{ Selle de mouton
<i>Rôt</i> .....	Cailles bardées
	{ Asperges en branches
<i>Légumes</i> .....	Tomates au gratin
	{ Pain de foie gras à la gelée
	{ Pouding au caramel
<i>Entremets</i> ...	{ Petits soufflés glacés à la cardinal
	{ Pailles à la Sefton

<i>Potage</i> .....	Le consommé peluche à la Royale
<i>Poisson</i> .....	Les filets de soles à la Siméon
<i>Relevés</i> .....	{ Le rosbif à l'Anglaise
	{ Les poulardes à la Périgieux
<i>Rôt</i> .....	Les canetons rôtis
<i>Légume</i> .....	Les cucucelles au jus
<i>Entremets</i> ...	{ La glace au chocolat
	{ Les croquettes Génoises



August.

<i>Soup</i> .....	A la Royale
<i>Fish</i> .....	Mackerel, fennel sauce
<i>Entrée</i> .....	Lamb cutlets, purée of turnips
<i>Relevé</i> .....	Braised beef
<i>Rôt</i> .....	Ducks and green peas
<i>Entremets</i> ...	{ Raspberry bread
	{ Tartines à la Dieppoise

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<i>Soup</i> .....	Chiffonnade of lettuce
<i>Fish</i> .....	Haddocks
<i>Entrée</i> .....	Cream of lobster
<i>Relevés</i> .....	{ Veal pie
	{ Beef à la mode
<i>Légume</i> .....	Eggs in aspic
<i>Entremets</i> ...	{ Cherry tart
	{ Cheese soufflé

## August.

<i>Potages</i> .....	{ Tortue à l'Anglaise
	{ Aux profiterolles
<i>Poissons</i> .....	{ Saumon de Severn, sauce homard
	{ Filets de sole à la ravigote
<i>Entrées</i> .....	{ Petites croustades de foie gras
	{ Cailles à la Périgord
	{ Epigramme d'agneau aux pois
	{ Poulets à la Montmorency
<i>Relevés</i> .....	{ Selle de mouton
	{ Jambon aux épinards
<i>Rôts</i> .....	{ Ortolans
	{ Levraut
<i>Légume</i> .....	Haricots verts à la crème
<i>Entremets</i> ...	{ Gelée au marasquin
	{ Pêches au riz
	{ Biscuits glacés à la vanille
	{ Pailles au parmesan

<i>Soup</i> .....	Rabbit soup
<i>Fish</i> .....	Sand eels
<i>Entrées</i> .....	{ Purée à la Portugaise
	{ Venison cutlets à la Napolitaine
<i>Removes</i> .....	{ Roast chickens
	{ Beef chops
<i>Roast</i> .....	Grouse
<i>Vegetable</i> ...	Mushrooms
<i>Sweet Dishes</i>	{ Compote of pears
	{ Frozen soufflé

# August.

<i>Potage</i> .....	Vermicelli
<i>Poisson</i> .....	Saumon, sauce Hollandaise
<i>Entrées</i> .....	{ Ris de veau, sauce tomate
	{ Filet de bœuf aux champignons
<i>Rôt</i> .....	Poulets des Princes
<i>Légumes</i> .....	{ Céleri au jus
	{ Haricots verts
<i>Entremets</i> ...	{ Chambord
	{ Croque en bouche aux fruits

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<i>Soup</i> .....	Orleans soup
<i>Fish</i> .....	Soles à la cardinal
<i>Entrée</i> .....	Croustades of sweetbread
<i>Roast</i> .....	Roast leg of lamb, salad, French beans
<i>Entremets</i> ...	{ Crab soufflé
	{ Amber pudding
	{ Boiled cheese

## September.

<i>Soup</i> .....	Russian soup
<i>Fish</i> .....	Turbot, Dutch sauce
<i>Entrées</i> .....	{ Chicken à la Viennoise
	{ Curried palates
<i>Remove</i> .....	Saddle of mutton
<i>Roast</i> .....	Black game
<i>Vegetables</i> ...	{ Mayonnaise of lobster
	{ Peas à la Française
<i>Sweet dishes</i> .	{ Strawberry creams
	{ Baba, rum sauce
	{ Parmesan straws

<i>Soup</i> .....	Purée of hare
<i>Fish</i> .....	Fillets of mackerel, fennel sauce
<i>Entrées</i> .....	{ Prince of Wales' cutlets
	{ Salmis of partridge
<i>Removes</i> .....	{ Roast beef
	{ Ham with spinach
<i>Roast</i> .....	Grouse
<i>Vegetable</i> ...	French beans, cream sauce
<i>Sweet dishes</i> .	{ Soufflé pudding
	{ Punch jelly
	{ Anchovy toast

# September.

<i>Soup</i> .....	Scot's broth
<i>Fish</i> .....	Haddocks, egg sauce
<i>Removes</i> .....	{ Jugged hare
	{ Haunch of mutton
<i>Roast</i> .....	Partridges
<i>Vegetable</i> .....	Artichoke bottoms
<i>Sweet dishes</i> .	{ Apple Charlotte
	{ Chocolate creams
	{ Parmesan biscuits

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<i>Soup</i> .....	Parmentier (purée of potato)
<i>Fish</i> .....	Slices of salmon grilled, Tartar sauce
<i>Entrées</i> .....	{ Grenadins of rabbit
	{ Haricot mutton
<i>Removes</i> .....	{ Rump-steak pie
	{ Loin of mutton rolled
<i>Roast</i> ... ..	Grouse
<i>Vegetable</i> .....	Flageolets
<i>Sweet dishes</i> .	{ Prune jelly .
	{ Iced rice pudding
	{ Ham toasts

## September.

<i>Soup</i> .....	Purée of grouse
<i>Fish</i> .....	Fillets of sole à la Orly
<i>Entrées</i> .....	{ Quenelles of rabbit and truffles
	{ Fillet of beef à la Béarnaise
<i>Removes</i> .....	{ Neck of mutton, braised with rice
	{ Haunch of venison
<i>Roast</i> .....	Partridges
<i>Vegetable</i> .....	Cauliflower au gratin
<i>Sweet dishes.</i>	{ Madeleines
	{ Vanille cream (iced)
	{ Anchovy toast

<i>Potage</i> .....	Purée à la Stamboul (rice and tomato)
<i>Poisson</i> .....	Saumon, sauce à la tartare et à l'eau
<i>Entrées</i> ... ..	{ Quenelles à la Reine
	{ Filets de canard aux olives
<i>Relevés</i> .....	{ Haggis
	{ Haunch of venison
<i>Rôt</i> .....	Black game
<i>Légume</i> .....	Russian salad
<i>Entremets</i> ...	{ Whipped eggs
	{ Fried plum pudding
	{ Ginger soufflé

October.

<i>Potage</i> .....	Consommé aux quenelles
<i>Poisson</i> .....	Rougets à l'Italienne
<i>Entrées</i> .....	Croquettes de homard
	Boudins de volaille aux truffes
	Filets de perdreaux aux champignons
<i>Relevés</i> .....	Fricandeau à l'oseille
	Gigot de mouton
<i>Rôt</i> .....	Faisans
<i>Légume</i> .....	Aspic à la Victoria
<i>Entremets</i> ...	Pain de pommes à la crème
	Pouding à la St-Cloud
	Soufflé glacé au chocolat
	Talmouses au parmesan

<i>Potage</i> .....	Consommé, sagou lié
<i>Poisson</i> .....	Turbot, sauce homard
<i>Entrées</i> .....	Pâtés au Salpicon
	Crème de faisans aux truffes
	Côtelettes de mouton à la Soubise
<i>Relevés</i> .....	Poulets à la Toulouse
	Aloyau de bœuf
<i>Rôt</i> .....	Perdreaux
<i>Légumes</i> .....	Epinards au jus
	Aspic de foie gras
<i>Entremets</i> ...	Gâteau à la Chantilly
	Soufflé à la vanille
	Croustades à la Milanaise

## October.

<i>Potages</i> ... ..	{ Consommé à la julienne
	{ Aux queues de veau
<i>Poisson</i> .....	Saumon, sauce tartare
<i>Entrées</i> .....	{ Kromeskis aux huîtres
	{ Filets de perdreaux
	{ Côtelettes à la Soubise
<i>Relevés</i> .....	{ Oie à la St-Michel
	{ Bœuf à la jardinière
<i>Rôts</i> .....	{ Grouse
	{ Bécasses
<i>Légumes</i> .....	{ Aspic de homard
	{ Salsifis au jus
<i>Entremets</i> ...	{ Gelée d'orange
	{ Pouding à la mousseline
	{ Soufflée au parmesan

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<i>Potages</i> .....	{ Consommé à la Nivernaise
	{ Abattis d'oie
<i>Poisson</i> .....	Turbot, sauce homard
	Petites caisses de gibier
<i>Entrées</i> .....	{ Côtelettes d'agneau aux épinards
	{ Filets de canetons à la bigarade
<i>Relevés</i> .....	{ Poulets à l'estragon
	{ Langue de bœuf
	{ Hanche de venaison
<i>Rôts</i> .....	{ Faisans
	{ Lièvre
<i>Légume</i> .....	Céleri au jus
	Poires à l'Impératrice
<i>Entremets</i> ...	{ Pouding à la Lady Graham
	{ Ramequins au parmesan



October.

<i>Potages</i> .....	{	Consommé aux profiterolles
	{	Purée de lièvre
<i>Poisson</i> .....	{	Cabillaud, sauce aux œufs
	{	Croustades de moëlle
<i>Entrées</i> .....	{	Blanquette de volaille aux concombres
	{	Côtelettes à la Soubise
	{	Dinde à l'Italienne
<i>Relevés</i> .....	{	Jambon d'York
	{	Filet de bœuf à la macédoine
	{	Bécassines
<i>Rôts</i> .....	{	Perdreux
<i>Légume</i> .....	{	Fonds d'artichauts à la Lyonnaise
	{	Gelée panachée
<i>Entremets</i> ...	{	Gâteau à la Chantilly
	{	Croûtes à la New York

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<i>Potages</i> .....	{	Consommé à la julienne
	{	Crème d'orge
<i>Poissons</i> .....	{	Harengs, sauce moutarde
	{	Filets de sole à la Vénitienne
	{	Timbales à la Bohémienne
<i>Entrées</i> .....	{	Côtelettes d'agneau aux concombres
	{	Filets de bœuf aux olives
	{	Poulets à la Périgueux
<i>Relevés</i> .....	{	Langue de bœuf
	{	Hanche de venaison
<i>Rôts</i> .....	{	Canards sauvages
	{	Perdreux
<i>Légumes</i> .....	{	Soufflé de pommes de terre
	{	Mayonnaise de homard
	{	Gelée au vin, garnie de fruits
<i>Entremets</i> ...	{	Gaufres à la Chantilly
	{	Beignets au parmesan

## November.

<i>Potage</i> .....	Consommé à l'Impériale
<i>Poisson</i> .....	Rougets à l'Italienne
<i>Entrées</i> .....	{ Croustades à la moëlle de bœuf
	{ Filets de perdreaux aux truffes
	{ Côtelettes de mouton à la Soubise
<i>Relevés</i> .....	{ Dindonneau à la Chipolata
	{ Bœuf braisé aux haricots
<i>Rôt</i> .....	Faisans
<i>Légume</i> .....	Chou marin, sauce Hollandaise
<i>Entremets</i> ...	{ Gelée à la macédoine
	{ Soufflé à la vanille
	{ Croûtons à la Gotha

	Les Huîtres
<i>Potages</i> .....	{ Consommé à l'Impériale
	{ Purée à la duchesse
<i>Poissons</i> .....	{ Turbot au gratin
	{ Saumon à la cardinal
<i>Entrées</i> .....	{ Suprêmes de volaille à la chevalière
	{ Filets de bœuf à la demi-provençale
<i>Relevés</i> .....	{ Timbale de bécassines
	{ Selle de mouton
<i>Rôts</i> .....	{ Faisans
	{ Sarcelles
<i>Légume</i> .....	Haricots verts à la Parisienne
<i>Entremets</i> ...	{ Charlottes à la Plombière
	{ Petites bouchées à la Napolitaine
	{ Caviar à la russe

November.

<i>Potage</i> .....	Consommé, julienne
<i>Poisson</i> .....	Turbot, sauce Hollandaise
<i>Entrées</i> .....	{ Crème de volaille à la ravigote Filets de lièvre à la maréchale
<i>Relevé</i> .....	Selle de mouton Sorbets au champagne
<i>Rôt</i> .....	Faisans à la broche
<i>Légume</i> .....	Cardons au jus
<i>Entremets</i> ...	{ Œufs à la Lucullus Plum pudding à l'Anglaise Flans à la Russe

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<i>Potages</i> .....	{ Tortue claire à l'Anglaise Crème de chicorée
<i>Poissons</i> .....	{ Cabillaud, sauce aux huîtres Filets de soles à la cardinal
<i>Entrées</i> .....	{ Bouchées d'artichauts à la Danoise Filets de perdreaux à la moderne Chaudfroid de cailles
<i>Relevés</i> .....	{ Poulardes à la Bressane Filet de bœuf au vin de Champagne
<i>Rôts</i> .....	{ Bécasses Dinde
<i>Légume</i> .....	Haricots verts à la Lyonnaise
<i>Entremets</i> ...	{ Mazarins garnis d'ananas Mousses aux framboises Crèmes frites à la Viennoise

## November.

<i>Potage</i> .....	Tête de veau, clair
<i>Poisson</i> .....	Cabillaud, sauce aux huîtres
<i>Entrées</i> .....	{ Croustades, garnies de moëlle de bœuf
	{ Pain de lièvre aux truffes
<i>Relevés</i> .....	{ Dinde aux marrons
	{ Langue de bœuf
	{ Filet de bœuf braisé, sauce Madère
<i>Rôt</i> .....	Black game
<i>Légume</i> .....	Chicorée à la crème
<i>Entremets</i> ...	{ Gelée d'oranges
	{ Pouding à la Gotha

<i>Potage</i> .....	Consommé aux ravioli
<i>Poisson</i> .....	Filets de soles à la Béarnaise
<i>Entrées</i> .....	{ Quenelles à la financière
	{ Filets de lièvre piqués en chevreuil
<i>Relevé</i> .....	Gigot de mouton à la Bretonne
<i>Rôt</i> .....	Pluviers
<i>Légume</i> .....	Epinards à la crème
<i>Entremets</i> ...	Pouding de riz glacé

December.

<i>Potage</i> .....	Tortue
<i>Poissons</i> .....	{ Huîtres d'Ostende
	{ Saumon du Rhin, sauce Joinville
<i>Entrées</i> .....	{ Filet de bœuf à la Mont-Fleuri
	{ Suprêmes de volaille à la Périgueux
	{ Aspic de foie gras en belle vue
	{ Galantine de dinde sur socle
<i>Légume</i> .....	Asperges en branches, sauce Hollandaise
	Punch mousseline
<i>Rôt</i> .....	Faisan de Bohême truffé sur croustade
	Salade de saison
<i>Relevés</i> .....	{ Jambon d'York à la Régence
	{ Timbale à la Victoria
<i>Entremets</i> ...	{ Plum pudding au rhum
	{ Fromage glacé
	{ Gâteau Napolitain monté
	{ Pièces montées en nougat

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<i>Potages</i> .....	{ Consommé aux quenelles
	{ Purée à la Reine
<i>Poissons</i> .....	{ Turbot, sauce homard
	{ Filets de soles à la Vénitienne
<i>Entrées</i> .....	{ Bouchées à la Pompadour
	{ Escaloppes de faisans aux truffes
	{ Grenadins de veau aux pois
	{ Poulardes à la Toulouse
<i>Relevés</i> .....	{ Langue de bœuf
	{ Hachis de venaison
	{ Bœuf rôti
<i>Rôts</i> .....	{ Canards sauvages
	{ Bécasses
<i>Légume</i> .....	Epinards à la crème
<i>Entremets</i> ...	{ Pouding glacé à la Nesselrode
	{ Brioches aux cerises
	{ Croûtes aux anchois à l'aspic

## December.

<i>Potages</i> .....	{ Consommé à la Moldave
	{ Crème de concombres
<i>Poissons</i> .....	{ Saumon, sauce homard
	{ Filets de sole à la marinière
<i>Entrées</i> .....	{ Petites croustades de gibier à la Talleyrand
	{ Filets de volaille aux truffes
<i>Relevés</i> .....	{ Selle de mouton
	{ Oison à la Viennoise
<i>Rôts</i> .....	{ Faisans
	{ Bécasses
<i>Légume</i> .....	Pain de chicorée à la crème
<i>Entremets</i> ...	{ Brioches chaudes à la Nesselrode
	{ Melons glacés à la Parisienne
	{ Croûtes au jambon

<i>Potage</i> .....	Consommé printanier
<i>Hors d'œuvre</i>	Petites bouchées à la Princesse
<i>Poisson</i> .....	Saumon, sauce Genevoise
<i>Entrées</i> .....	{ Filets de perdreaux à la chasseur
	{ Côtelettes de Présalé aux petits pois
<i>Relevés</i> .....	{ Filet de bœuf à la Provençale
	{ Poulardes truffées
<i>Rôts</i> .....	{ Faisans
	{ Chaudfroid de mauviettes
<i>Légume</i> .....	Asperges en branches
<i>Entremets</i> ...	{ Timbales de poires
	{ Gelée d'oranges garnie

December.

<i>Potages</i> .....	{ Aux profiterolles à la chasseur Crème d'orge à la Victoria
<i>Poissons</i> .....	{ Merluches, sauce aux œufs Rougets à la cardinal
<i>Entrées</i> .....	{ Croustades de vermicelli à la Périgord Timbales de crème de volaille
	{ Filets de pigeons panés à la Villeroi
<i>Relevés</i> .....	{ Dinde à l'Anglaise Jambon à la macédoine
	{ Hanche de venaison
<i>Rôts</i> .....	{ Faisans Mauviettes
<i>Légume</i> .....	Topinambours à la poulette
	Gelée de marasquin garnie de fruits
<i>Entremets</i> ...	{ Flans de poires à la Portugaise Croûtes à l'Indienne

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<i>Potage</i> .....	Consommé à la julienne
<i>Poisson</i> .....	Saumon, sauce Gallipoli
<i>Entrées</i> .....	{ Petites timbales aux huîtres Filets de pluviers aux truffes
<i>Relevé</i> .....	Selle de mouton
<i>Rôt</i> .....	Faisans
<i>Légume</i> .....	Cardons à la moëlle
	Pain de foie gras à la gelée
<i>Entremets</i> ...	{ Pouding soufflé au gingembre Parfait glacé à l'orange
	{ Petites crèmes à la Royale

## Twenty-four Menus for Four to Six Persons.

Hotchpotch  
Sea trout  
Rabbit quenelles  
Roast mutton  
Grouse  
Fruit tart

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Grouse soup  
Herring  
Mutton cutlets  
Rabbit pie  
Roast venison  
Miroton of apples

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Barley broth  
Salmon  
Sheep's head  
Chartreuse of grouse  
Roast hare  
Stone cream

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Pea soup  
Soles à l'Italienne  
Pork cutlets  
Roast capon  
Spinach, dressed  
Jam roll

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Tapioca soup  
Fried smelts  
Slices, fillet of beef  
Boiled pheasant, celery sauce  
Baba  
Anchovy toast

Palestine soup  
Turbot, caper sauce  
Oyster patties  
Mutton kabobs  
Roast pork  
Sea kale  
Punch jelly

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Ox-tail soup  
Whiting pudding  
Salmis of partridge  
Fillet of beef  
Apricot tartlets  
Indian sandwiches

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Bonne-femme soup  
Red mullet  
Chicken à la Marengo  
Roast lamb  
Cold ham and jelly  
Pears à la Condé

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Soup, with quenelles  
Salmon, Dutch sauce  
Sheep's tongues, fried  
Beef-steak pudding  
Roast pheasant  
Prune shape, with cream

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Mutton broth  
Fried whiting  
Brains fried in butter  
Roast beef  
Snipe  
Mince pies



Purée of pearl barley  
Sole au gratin  
Mutton cutlets  
Partridges, with cabbage  
Cranberry tart  
Cheese beignets

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Hare soup  
Water souché  
Kromeskis  
Braised mutton  
Aspic of pheasant  
Little cups of vanilla cream

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Spring soup  
Cold salmon, Tartar sauce  
Chicken à la Viennoise  
Beef-steak pudding  
Compote of gooseberries  
Soufflé of Parmesan cheese

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Clear mock turtle  
Haddock, egg sauce  
Cutlets of chicken, ham  
Rolled loin of mutton  
Marrow bones  
Wine jelly

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Rice soup  
Lobster cutlets  
Calf's head, with tomato sauce  
Ribs of beef rolled  
Fruit tart  
Canapés aux anchois

Flemish soup  
Skate and black butter  
Beef collops  
Spatchcock chicken  
Mayonnaise lobster  
Rice fritters, with pineapple

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Consommé à la Royale  
Turbot, dressed with cream  
Chaudfroid of brains  
Braised beef  
Larks  
Ginger soufflé

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Purée of haricots  
Brill, stuffed with shrimps  
Liver and bacon  
Roast mutton  
Celery au gratin  
Pastry sandwiches

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Vermicelli soup  
Fillets of sole à la Orly  
Stewed rump steak  
Roast pheasants  
Apple charlotte  
Macaroni, with cheese

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Lentil soup  
Cod, oyster sauce  
Croquettes of game  
Roast mutton  
Artichoke fritters  
Chocolate soufflé

Julienne soup  
 Fish cakes  
 Jugged hare  
 Boiled beef  
 Scolloped oysters  
 Albert pudding

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Green pea soup  
 Salmon  
 Soufflé of chicken  
 Cold quarter of lamb, salad  
 Quails  
 Iced gooseberry fool

Purée of asparagus soup  
 Mackerel  
 Lamb cutlets  
 Roast duck  
 Russian salad  
 Rice shape, with strawberry  
 cream

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Sago soup  
 John Dory  
 Veal cutlets  
 Shoulder of mutton à la Soubis  
 Custard pudding, with red cur-  
 rant sauce  
 Cheese straws

With these dinners two or three kinds of vegetables are to be served, of which one is to be potatoes.

CHAPTER XXXIII.

*HOMELY BILLS OF FARE.*

**Dietary for One Week.**

HOUSEHOLD OF SIX PEOPLE AND THREE CHILDREN AND FOUR  
SERVANTS.

SUNDAY.

Soup. Cold roast beef. Plum pudding or fruit tart. All dine  
in the middle of the day.

MONDAY.

*Late Dinner.*

Boiled mutton. Hashed beef. Rolypoly pudding.

*Early Dinner for Children and Servants.*

Mutton broth. Boiled mutton. Bread pudding.

TUESDAY.

*Late Dinner.*

Roast leg of mutton. Rissoles. Cabinet pudding.

*Early Dinner.*

Roast mutton. Rice and stewed fruit.

## WEDNESDAY.

*Late Dinner.*

Fish. Cold mutton. Curry. Suet pudding.

*Early Dinner.*

Fish. Cold mutton. Fritters.

## THURSDAY

*Late Dinner.*

Stewed brisket of beef. Fruit tart.

*Early Dinner.*

Beef steak. Rice pudding.

## FRIDAY.

*Late Dinner.*

Soup. Cold beef. Cutlets. Cabinet pudding

*Early Dinner.*

Tripe or pork. Suet pudding.

## SATURDAY.

*Late Dinner*

Hot roast beef. Pancakes.

*Early Dinner.*

Roast beef. Corn-flour shape and stewed fruit.

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## Dietary for Two Weeks.

FAMILY OF THREE PEOPLE WITH TWO SERVANTS.

### SUNDAY.

#### *Early Dinner.*

From 8 to 9 lbs. of the topside of beef, roasted. Yorkshire pudding. Potatoes. Greens. Fruit tart.

#### *Supper.*

Cold beef. Sardines. Cheese. Cold rice pudding and prunes.

### MONDAY.

#### *Luncheon and Servants' Dinner.*

Cold beef. Potatoes. Beetroot. Cheese.

#### *Late Dinner.*

Pea soup. Rissoles of meat remaining from previous week (veal, mutton, and bacon). Haricot beans. Beetroot. Marmalade pudding.

### TUESDAY.

#### *Luncheon and Servants' Dinner.*

Cold beef. Potatoes. Milk rice pudding.

#### *Late Dinner.*

Sago soup. Veal cutlets. Mashed potatoes. Greens. Tartlets and remainder of marmalade pudding warmed.

### WEDNESDAY.

#### *Luncheon and Servants' Dinner.*

Minced beef. Rolypoly pudding. Cheese.

*Late Dinner.*

Filleted plaice. Beef steak. Greens. Potatoes. Irish puddings.

## THURSDAY.

*Luncheon and Servants' Dinner.*

Roast shoulder of mutton. Greens. Potatoes. Cheese.

*Late Dinner.*

Clear soup with macaroni. Beef olives. Fried greens. Potatoes. Ground rice pudding.

## FRIDAY.

*Luncheon and Servants' Dinner.*

Cold mutton. Potatoes. Suet pudding with raisins.

*Late Dinner.*

Lentil soup. Mutton curry. Orange fritters.

## SATURDAY.

*Luncheon and Servants' Dinner.*

Toad-in-a-hole with sausages. Potatoes. Cheese.

*Late Dinner.*

Boiled cod. Mutton cutlets. Potatoes. Haricot beans. Stewed fruit.

## SUNDAY.

*Early Dinner.*

Roast beef (topside, as before). Greens. Potatoes. Rolypoly or suet pudding with fruit.

*Supper.*

Cold beef. Brawn. Cheese. Ground rice shape.

MONDAY.

*Luncheon and Servants' Dinner.*

Cold beef. Potatoes. Suet pudding with fruit.

*Late Dinner.*

Grilled mackerel. Veal cutlets. Open jam tart.

TUESDAY.

*Luncheon and Servants' Dinner.*

Cold beef. Greens. Tapioca pudding. Cheese.

*Late Dinner.*

Pea soup. Slices of beef warmed in gravy with curry powder. Remainder of veal cutlets from Monday. Potatoes. Greens. Stewed prunes or other fruit. Corn-flour shape.

WEDNESDAY.

*Luncheon and Servants' Dinner.*

Hash of beef. Potatoes. Greens. Rice pudding with suet instead of eggs.

\* *Late Dinner.*

Clear soup with macaroni. Mutton cutlets. Potatoes. Greens. College pudding.

THURSDAY.

*Luncheon and Servants' Dinner.*

Remainder of mutton cutlets. Hash of odds and ends of meat left. Cheese.

*Late Dinner.*

Sago soup. Filleted plaice. Shoulder of mutton. Greens. Boiled rice. Remainder of college pudding warmed in slices.

## FRIDAY.

*Luncheon and Servants' Dinner*

Cold mutton. Potatoes. Cheese.

*Late Dinner.*

Boiled mackerel. Hashed mutton. Potatoes. Greens. Pancakes.

## SATURDAY.

*Luncheon and Servants' Dinner*

Toad-in-a-hole with sausages. Rice pudding.

*Late Dinner.*

Lentil soup. Veal cutlets. Tartlets.

**Dietary for One Week.**

TIME OF YEAR, MAY. FAMILY OF HUSBAND AND WIFE, FOUR CHILDREN, AND FOUR SERVANTS.

## MONDAY.

*Breakfast.*

Porridge. Fried bacon. Eggs. Toast.

*Luncheon and Children's Dinner.*

Leg of mutton. Potatoes. Cabbage. Rhubarb fool. Seed cake.

*Dinner.*

Potato soup. Rump steak. Riband potatoes. Dressed French beans. Stilton cheese. Dessert.



*Servants' Breakfast.*

Bacon.

*Dinner.*

Leg of mutton (from dining-room). Potatoes. Yorkshire pudding.

*Supper.*

Cold mutton. Potatoes. Cheese.

TUESDAY.

*Breakfast.*

Porridge. A fried sole, served with lemon. Marmalade. Toast.

*Luncheon and Children's Dinner.*

Cold leg of mutton. Powdered potatoes. Pickles. Rice pudding. Seed cake.

*Dinner.*

Sole (maitre d'hôtel). Fried mutton cutlets. New potatoes. Spinach. Gooseberry tart. Cheese. Dessert.

*Servants' Breakfast.*

Bacon.

*Dinner.*

Cold leg of mutton. Potatoes. Suet pudding and treacle.

*Supper.*

Mutton pie (made from the trimmings of the cutlets). Cheese.

WEDNESDAY.

*Breakfast.*

Porridge. Rolled tongue. Marmalade. Toast.

*Luncheon and Children's Dinner.*

Stewed brisket of beef. Haricot beans. Potatoes. Bread-and-butter pudding. Biscuits.

*Dinner.*

Gravy soup. Cold brisket of beef. Potatoes. Spanish onion salad. Soufflé. Cream cheese and watercress. Dessert.

*Servants' Breakfast.*

Bacon.

*Dinner.*

Beef-steak pudding. Sago milk.

*Supper.*

Cold brisket of beef. Cheese.

## THURSDAY.

*Breakfast.*

Rolled tongue. Poached eggs. Marmalade. Toast.

*Luncheon and Children's Dinner.*

Shoulder of mutton and onion sauce. Potatoes. Cold gooseberry tart. Biscuits.

*Dinner.*

Gravy soup. Curry and rice. Mashed potatoes. Cheese fondu. Cream cheese. Dessert.

*Servants' Breakfast.*

Bacon.

*Dinner.*

Cold brisket of beef. Potatoes. Pickles. Rice pudding.

*Supper.*

Cold mutton. Potatoes. Cheese.

FRIDAY.

*Breakfast.*

Rolled tongue. Kidneys. Black currant jam. Toast.

*Luncheon and Children's Dinner.*

Hashed mutton with stewed cucumber. Potatoes. Ground rice pudding. Plum cake.

*Dinner.*

Stewed eels with wine sauce. Fore quarter of lamb. Mint sauce. New potatoes. Tartlets. Cheese. Dessert.

*Servants' Breakfast.*

Bacon.

*Dinner.*

Liver and bacon. Potatoes. Rhubarb tart.

*Supper.*

Cold mutton and potatoes. Cheese.

SATURDAY.

*Breakfast.*

Porridge. Grated tongue. Sardines. Jam. Toast.

*Luncheon and Children's Dinner.*

Sirloin. Browned potatoes. Gooseberry fool. Plum cake.

*Dinner.*

Vegetable soup. Cold lamb and salad. Potatoes. Dressed tomatoes. Stilton cheese. Dessert.

*Servants' Breakfast.*

Bacon.

*Dinner.*

Sirloin (from dining-room). Potatoes. Yorkshire pudding.

*Supper.*

Remains of cold lamb and salad. Cheese.

## SUNDAY.

*Breakfast.*

Croquettes. Eggs. Jam. Toast.

*Luncheon.*

Cold sirloin of beef. Lettuces. Mashed potatoes. Curds and whey. Caviare and toast.

*Dinner.*

Vegetable soup. Cold pigeon pie. Potatoes. Crumbled eggs and bloaters on toast. Brandy creams. Stilton cheese. Dessert.

*Servants' Breakfast.*

Bacon.

*Dinner.*

Bubble-and-squeak. Potatoes. Bread-and-butter pudding.

*Supper.*

Remains of the rolled tongue. Four boiled eggs. Cheese.

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## Dietary for Three Weeks.

FAMILY OF FOUR AND ONE MAID-SERVANT.

### SUNDAY.

#### *Breakfast.*

2 rounds of buttered anchovy toast. 1 lb. of cold steamed bacon. Tea. Bread—whole wheat-meal is the most nutritious.

#### *Dinner.*

7½ lbs. of roast beef. Yorkshire pudding. Potatoes. Brussels sprouts (from the garden). Rice pudding.

These rice puddings are made without eggs; they are not only more economical but much nicer. Use the second rice, which has a better flavour than the dearest. *Mode*.—Put enough rice to thickly cover the bottom of a deep pie dish, wash it thoroughly in three waters with a spoon, and take out the grit and imperfections; pour over it two pints of milk, and bake in a moderate oven for 3 hours.

#### *Supper.*

Cold steamed bacon (the same as at breakfast). Cold open tart with plum jam. Potato salad.

*Mode*.—Cut about 5 cold potatoes into slices; sprinkle over them pepper and salt, 1 tablespoonful of vinegar, 1 of oil, and a little chopped parsley.

### MONDAY.

#### *Breakfast.*

3 boiled eggs. Cold bacon (the same). Tea. Bread.

#### *Dinner.*

Cold roast beef. Fried potato chips. Salad (from garden). Apple pudding, boiled 4½ hours, the crust made from beef dripping.

*Supper.*

Stewed white haricots. *Mode*.—The haricots require soaking for two days in several waters ; then put them in boiling water and boil until tender. This should be done in the morning, as haricots vary so much, some taking only one hour while others are scarcely cooked in three. When quite boiled, drain them from the water and put them in a stewpan in which a small onion cut in dice has first been fried. Add to this whatever gravy you may have, or, if none, a breakfastcupful made with Liebig. Let it all simmer together for about  $\frac{3}{4}$  of an hour, and serve very hot.—Tapioca pudding, cooked in the same way as the rice pudding ; it does not require washing.

## TUESDAY.

*Breakfast.*

1 soup plate of bread and milk. Sardines. Tea. Bread.

*Dinner.*

Minced beef, the remnant of the piece of bacon, and any other scraps there may be, all mixed together. Potatoes. Stewed Spanish onions. The remainder of the apple pudding of the previous day, put tidily into a pie dish, adding a few more apples cut into slices ; cover it with brown sugar and a little water, to prevent burning. Put it into the oven, and bake for one hour.

*Supper.*

Café au lait ( $1\frac{1}{2}$  pints milk). Sardines. Marmalade. Bread and toast.

## WEDNESDAY.

*Breakfast.*

Boiled Naples macaroni. When drained from the water, mix about a teaspoonful of butter and half a teaspoonful of chopped parsley. Stir round gently and quickly, and serve very hot. 1 lb. Naples macaroni will do three times for a breakfast or supper dish for 4 people. Tea. Sardines.

*Dinner.*

Best end of neck of mutton, 4 lbs. 8 ozs. Take half of this, the least fat end, cut it into tidy chops, taking away any superfluous fat ; have ready a quantity of potatoes cut in slices and two large onions cut in slices. Place in a large saucepan a layer of sliced potatoes, then a layer of onions, dredge with pepper and salt, then a layer of chops, and so on ; the potatoes should lie at the top. Then pour in some cold water until a little is seen at the top ; allow the stew to come gradually to boiling point ; then skim, and put the saucepan at the side to simmer for 2 hours. This makes a delicious Irish stew. Bread pudding. This can be made either with milk or cider. *Mode.*—Put whatever pieces of bread you may have into a deep dish ; pour over this sufficient cider overnight to soak the bread thoroughly. The next morning beat it well to a pulp with a silver fork ; add some brown sugar, pudding raisins, and currants. Butter the pie dish and put into it the pudding ; place more small lumps of butter at the top ; bake it in a brisk oven for one hour.

*Supper.*

Café au lait. Cold bread pudding : there are generally sufficient pieces for two when the dinner's pudding is made. Sardines.

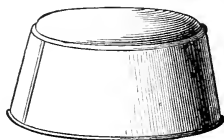
## THURSDAY.

*Breakfast.*

4 buttered eggs arranged on 4 pieces of buttered toast. Tea. Bread.

*Dinner.*

American dish. *Mode.*—1 lb. fresh pork, the thin streaky part



used for bacon. Place it in a steamer with boiling water under-

neath ; when cooked, tear off the skin, cut the meat into squares of about  $1\frac{1}{2}$  inches, place it in a Nottingham jar with a cover ; add one onion cut very small, pepper and salt, and the water over which it was steamed. Cook  $\frac{1}{2}$  pint of white haricots in another saucepan. The foregoing preparations should be made the day before it is wanted, as the stew must be emptied into a dish, and all the fat taken off before warming it. It must remain in a slow oven for 4 hours the day before it is wanted. The day it is to be eaten the haricots are added to the stew, and cooked in the jar as before for 2 hours. This is a delicious and economical dish, and can be varied by sometimes frying the onions first a nice brown, which will make it a brown instead of a white stew. If it boils again after the first 'boil up,' it is spoiled.

*Supper.*

Macaroni cheese. Café au lait.

*Mode of former.*—Many people think it necessary to have Parmesan cheese for this dish ; ordinary American cheese will be found good enough. When the cheese is no longer sightly to come to table, cut the rind into suitable pieces and grate into a soup plate with all the inside of the cheese. Boil  $\frac{1}{4}$  lb. of Naples macaroni in any stock you may have ; butter a flat baking-dish ; place in it a layer of macaroni, drained from the stock in which it has been cooked ; then a thick layer of grated cheese, then pepper and salt, and so on, until the top layer, which must be of cheese. Strew some grated bread, about a teaspoonful, and some little bits of butter, over the top. Bake in a quick oven for ten minutes. If there is no salamander to brown the top, heat the poker and use that.

FRIDAY.

*Breakfast.*

4 herrings. Tea. Bread. Toast.

*Dinner.*

$1\frac{1}{2}$  lbs. veal cutlets. 1 lb. steamed bacon. Potatoes. Greens (from garden). Apple tart. Corn-flour pudding.

*Supper.*

Cold bacon (same as at dinner). Potatoes baked in their skins. Cocoa.



## SATURDAY.

*Breakfast.*

Steamed bacon (same as at supper). Potatoes and greens, fried together à la Dorsetshire, a farm-house practice.

*Dinner.*

The other half of Wednesday's mutton (4 lbs. 8 ozs.), steamed. Capersauce. Potatoes. Turnips (from garden). Pancakes.

*Supper.*

Soup. Rice pudding. Sardines.

There is always a saucepan for bones, which are chopped and boiled with one onion, pepper, and salt. The liquor is put aside in a basin, and the fat skimmed before using ; in this way there is always enough for soup once, sometimes twice a week, and for gravy for minces, &c. Chop one onion fine and fry in butter. Boil the liquor and onion together. Cut into very small dice a small raw potato ; put it in the tureen and pour the boiling soup over it. This may sometimes be varied by using very small squares of fried bread instead of the potato, or rice, or tapioca. The round tapioca looks best, and must be thoroughly cooked before mixing with the soup.

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## SECOND WEEK.

## SUNDAY.

*Breakfast.*

4 rounds of buttered anchovy toast. Tea. Bread.

*Dinner.*

Roast shoulder of mutton, 5 lbs. Bread sauce. Potatoes. Beetroot (from garden). Swiss apple pudding.

*Mode of latter.*—Grate half a piedishful of bread ; slice apples ; butter pie-dish ; place alternate layers of bread and apple, begin

ning with bread ; sprinkle sugar. Bread should be at the top, and bits of butter. Bake one hour.

*Supper*

Cold shoulder of mutton. Pickles. Open plum tart.

MONDAY.

*Breakfast.*

1 bowl of bread and milk. 2 poached eggs on buttered toast. 1  $\frac{1}{4}$  lbs. cold steamed bacon. Tea. Bread.

*Dinner.*

Mutton rissoles from shoulder. Mashed potatoes. Cabbage (from garden). Lemon roly pudding.

*Mode.*—Soyer's recipe. Cut off the peel of 2 lemons very thin ; as, if any white remains, it will be bitter ; squeeze all the juice out into a small basin, taking out the pips. Chop the peel very fine. Add the lemon juice, and plenty of sugar, and a few bread crumbs or plain biscuits ground to powder ; this is to give the mixture consistency ; make paste and proceed as for a jam roly. The pudding should boil for 3 hours.

*Supper.*

Café au lait. 2 rounds of buttered anchovy toast. Cold bacon.

TUESDAY.

*Breakfast.*

Fried bacon and potatoes, or fried toast if no potatoes are left. Tea. Bread.

*Dinner.*

$\frac{1}{2}$  calf's head (medium size), boiled. Parsley and butter sauce.  $\frac{1}{2}$  lb. of sausage meat made into little balls and fried. Potatoes. Baked batter pudding with treacle.

*Supper.*

Cocoa. Boiled macaroni, as previously described.

## WEDNESDAY.

*Breakfast.*

Pig's brains ; 3*d.* worth is enough for 5 people. Arrange 10 layers with bread crumbs and butter ; bake  $\frac{3}{4}$  hour in a brisk oven. Sardines. Tea. Bread.

*Dinner.*

1 $\frac{1}{2}$  lbs. veal cutlets. Potatoes. Beetroot (from garden). Tapioca pudding.  $\frac{1}{2}$  lb. stewed prunes.

*Supper.*

Soup from the bones and boilings of calf's head. Small galantine from ditto.

*Mode.*—Cut from the head every piece of flesh ; cut the eye, which is pretty and marbled-looking, into tidy slices ; butter a small basin or jam pot ; place the nicest-looking pieces at the bottom and sides ; put in the rest with pepper, salt, and plenty of grated nutmeg ; pour over it gently some gravy from the calf's head ; put a weight upon it ; bake it one hour in a slow oven ; when quite cold turn it out, and it makes an exceedingly nice and pretty supper or breakfast dish.

## THURSDAY.

*Breakfast.*

3 fried eggs and bacon. Tea. Bread.

*Dinner.*

Stewed beef kidney, 1 $\frac{1}{4}$  lbs. Potatoes. Greens (from garden). Buttered apples.

*Mode of Dressing Kidney.*—Slice some onions and fry in butter a nice brown ; place the kidney whole, after slightly frying it, in a large earthenware jar, with the onions, 2 sliced carrots, 2 sliced potatoes, 1 slice lean bacon, 1 pint of stock or water. Stew gently in a slow oven for 3 hours.

*Supper.*

3*d.* worth of squins, sometimes called scollops, cooked in the same way as scalloped oysters in their shells, with breadcrumbs and butter. Coffee.

## FRIDAY.

*Breakfast.*

Potatoes and greens fried in bacon fat. Tea. Bread.

*Dinner.*

5½ lbs. best end of neck of mutton; the fattest half roasted. Potatoes. Bread sauce. Parsnips (from garden). Lemon tart.

*Mode.*—Prepare 2 lemons in the same way as for lemon pudding, and make with pastry an open tart.

*Supper.*

Cocoa. Rice pudding. Sardines.

## SATURDAY.

*Breakfast.*

Savoury omelette. Tea. Bread.

*Dinner.*

Stewed cutlets from the remaining half of Friday's mutton. Potatoes. Brussels sprouts (from garden). Boiled macaroni pudding. Jam. Milk.

*Mode of Stewing Cutlets.*—Cut the cutlets into tidy shapes, removing all superfluous fat. Fry in a stewpan several small onions in butter, chopped fine; then put in the cutlets, and pour over them about a pint of bone stock; let them come gradually to boiling point, and then simmer on the side of the stove for two hours; if there is a great deal of gravy, tiny dumplings may be dropped in just as the stew is arriving at boiling point.

The macaroni is simply boiled tender and served as it is; a little milk and jam may be added to taste.

*Supper.*

Café au lait. Welsh rarebit.

## THIRD WEEK.

## SUNDAY.

*Breakfast.*

A 1-lb. tin of Australian meat. Fried potatoes and greens. Tea. Bread.

*Dinner.*

4 lbs. best end of the loin of pork, roasted. Potatoes. Apple sauce. Baroness pudding.

*Mode of latter.*— $\frac{3}{4}$  lb. of suet or dripping,  $\frac{3}{4}$  lb. of flour,  $\frac{3}{4}$  lb. of pudding plums and sultanas mixed. Stir into the mixture  $\frac{1}{2}$  pint of milk, and boil for  $4\frac{1}{2}$  hours. The goodness of the pudding entirely depends upon its boiling the proper time. (Mrs. Beeton's recipe.)

*Supper.*

Cold Australian meat (that which was left from breakfast). Sliced beetroot. Cold rice pudding.

## MONDAY.

*Breakfast.*

4 boiled eggs. Sardines. Tea. Bread.

*Dinner.*

$\frac{1}{2}$  shoulder of mutton, roasted (fat end, 3 lbs.) Onion sauce. Bread-and-butter pudding.

*Mode of latter.*—Cut about 9 slices of thin bread-and-butter; butter a pie-dish; wash a handful of currants and sultanas, dry them perfectly; place a layer of bread-and-butter in the bottom of the dish, then sprinkle the currants and a little brown sugar, and nutmeg if liked. Proceed thus until the dish is full, not putting any currants on the top layer, as they always burn. Take one egg and beat it to a regular froth. Add gradually  $\frac{1}{2}$  pint of milk, and pour it over the pudding; place some small lumps of butter at the

top. All these milk puddings are nicer if they are prepared some hours before they are put into the oven. This will particularly apply to tapioca.

*Supper.*

Rissoles from the remains of pork of Sunday's dinner. Café au lait.

TUESDAY.

*Breakfast.*

Potted meat from the remainder of Monday's mutton. Tea. Bread.

*Mode.*—Cut from the bone every scrap of meat ; mince, and then pound it in a mortar. Add  $\frac{1}{2}$  a teaspoonful of parsley, pepper, salt, and grated nutmeg. Butter a tiny mould or jam-pot ; place the mixture in it, and press it tightly down. Pour over it some gravy, jellied if possible, and put it in a slow oven for one hour. When cold turn it out.

*Dinner.*

2 sheep's heads au gratin. Sauce piquante. Potatoes. Carrots fried and then stewed in gravy. Apple pudding, boiled 4 hours.

*Supper.*

2 mutton kidneys on buttered toast. Café au lait.

WEDNESDAY.

*Breakfast.*

2 sheep's tongues, cold. Fried potatoes. Tea. Bread.

*Dinner.*

Roast loin of veal (4 lbs.) Potatoes. 1 lb. of steamed bacon. Lemon pudding.

*Mode.*—Chop fine the peel of 3 lemons. Mix with the flour and fat and a small teacupful of brown sugar. Boil for  $4\frac{1}{2}$  hours. Mix the juice of the lemons with some sugar and water, and boil. Serve separately in a sauce tureen.

*Supper.*

Soup from mutton and pork bones. Cold potatoes à la maître d'hôtel. Jam.

## THURSDAY.

*Breakfast.*

Boiled macaroni with parsley and butter (as before). Bread. Cocoa.

*Dinner.*

Minced veal and the remains of the bacon. Potatoes. Cabbage (from garden). Tapioca pudding. Stewed apples.

*Supper.*

Lentil soup. Chocolate pudding.

*Mode of Soup.*—Take  $\frac{3}{4}$  lb. of lentils. Cook until quite tender. Pass through a coarse sieve. Chop up one Spanish onion, and fry it a nice brown in a stewpan. Then pour the lentil soup over it and boil it up together and serve very hot. This is enough for 5 persons, costs about 4d., and is very good.

*Mode of Pudding.*— $1\frac{1}{2}$  sticks of Menier's chocolate; pound to powder. Mix with  $\frac{1}{2}$  pint of milk. Beat to a froth 2 eggs, and gradually mix with 1 pint milk. Then gradually pour in the chocolate and milk. Place the mixture in a wide-mouthed jug. Put the jug in a saucepan of boiling water. Stir continually with a fork one way, and when it is beginning to thicken or set, take it out of the saucepan, but go on stirring for a little. As soon as the mixture is not too hot to break a glass dish, pour it into one, and serve cold.

## FRIDAY.

*Breakfast.*

5 herrings. Tea. Bread.

*Dinner.*

Roast sirloin of beef, 5 lbs. Potatoes. Parsnips (from garden). Apple tart. Corn-flour mould (without eggs).

*Supper.*

Café au lait.  $\frac{1}{2}$  lb. of cooked ham from pork butcher.

## SATURDAY.

*Dinner.*

American stew from the remainder of the beef. Potatoes. Stewed haricots. Cranberry tart.

*Mode of American Stew.*—Fry two large Spanish onions in butter. Mince the beef without any fat, and mix with the onions ; if it is getting dry pour in a little Liebig mixture, but it ought not to have gravy ; the meat only requires to be warmed through and served very hot. It is a dish that the cook cannot leave, as it will burn. This is equally good done with the remains of salt beef.

N.B.—Surprise may be felt at seeing apparently so much butter used in the foregoing recipes. The experience of the writer of this dietary is that if dripping is used it spoils the dish, and it is not eaten ; but very little butter is required, and a cheap dish is made palatable, consequently eaten, and consequently digested. Soyer says this, and he is right. The quantity of butter we use per week, including the small pieces required for cookery, is  $2\frac{1}{2}$  lbs. for five people. We always have five o'clock tea in the drawing-room, and at least three times a week people drop in, and therefore more bread-and-butter is required ; but we find this quantity of butter is enough.

It is not mentioned in the menus that cheese is always on the table for supper, and a little butter.

We use not quite  $\frac{3}{4}$  lb. of tea per week, and about 1 lb. of coffee per fortnight, and 2 packets of Cadbury's essence of cocoa. We do not make the cocoa according to the directions outside, but thus :  $1\frac{1}{4}$  teaspoonsful of cocoa to every half-pint of milk. First mix the cocoa with a little milk until it is a smooth paste, then gradually add the rest of the milk. Put it in an enamelled saucepan kept for the purpose, and allow it to come to boiling point. Then pour it into a cocoa pot, and it is ready. If properly made, this is almost equal to a cup of chocolate.

There is always sufficient fat from the various joints, which makes enough dripping for puddings ; it must always first be purified. We scarcely ever have to order suet ; a properly made crust of dripping is preferable to chopped suet, and more digestible. Yeatman's baking powder is mixed with every crust.

There is a saucepan on purpose for boiling bones, and we often have thick jelly from the bones ; pork and veal make the best ; and



that gives sufficient jelly for the minces, galantines, and stewed cutlets, &c.

Many people think it extravagant to use eggs in cookery ; the writer differs from them ; if one or two eggs help to make an eatable dish, it is an economy ; however dear eggs, milk, or butter may be, they are always cheaper than the cheapest meat. Where people can eat their food *anyhow*, of course it would be an extravagance to use eggs ; but if dishes are badly prepared, and not eaten, there is daily waste, besides the doctor's bill.

Things cannot be done in the way we have them unless the mistress personally superintends. The writer is in her kitchen every day from ten until half-past eleven, and prepares everything, but she never stands over the fire cooking, nor does anything to spoil her hands. Everything in the way of preparation can be done with a knife and fork, and gloves can be worn in the winter.

There is a thick oak board about 11 inches square for cutting up meat, which is much more convenient than a dish.

This dietary is for the month of October ; as spring advances one can have a few other things. Where families are large, there is no cheaper mode of living than large joints, but not for a small family. Boiled salt beef is very good, but we never have it, as one ought not to have a joint of less than 14 lbs. to be really good.

A way of using up the pieces of bread is to dip them one by one quickly in milk, put them on a baking tin (never used for anything greasy) in a very hot oven. In five minutes they will become hot and crisp. When cold put them away in a biscuit box, and eat with cheese. If there are any unsightly pieces, they should be arranged to look tidy ; the pieces should not be larger than two mouthful.

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### Sketch of Breakfast, Dinner, and Lunch for Four to Six Persons on a liberal Scale.

#### *Breakfast.*

Tea and coffee. 2 hot dishes—fish, eggs, bacon, broil, &c. ; 2 cold dishes—ham or tongue, pie or galantine. Rolls or scones. Bread and toast. Honey, marmalade, and jam. Butter. A plain cake. Porridge. Fruit.

#### *Lunch.*

One joint. One entrée. Cold meat—with ham or tongue always available both for lunch and breakfast. Fruit tart or its equivalent. Milk pudding or its equivalent. Potatoes and one other vegetable. 2 cakes, one with raisins, one seed or ginger. Fruit. Cheese. Butter.

#### *Dinner.*

Soup. Fish. One or two entrées. Joint. 2 vegetables. Salad. Poultry, game, or savoury dish. Dressed vegetable. Sweet dish. Sardines au parmesan or a dish of a similar character. Cheese. Butter. Oatcake or biscuits. Dessert.

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